ATHLERION

HYROX station strength

4 weeks · Beginner – Intermediate · Self-guided

Practice the strength movements that carry over to HYROX stations. Use two short strength sessions and one easy run or run-walk each week, with a recovery day between sessions.

Week 1 · Build the base

Session 1 · Strength
Session 2 · Strength
Session 3 · Easy run

Start with light carries, controlled squats and step-ups. Choose loads that let you finish each set with several repetitions in reserve.

Week 2 · Add consistency

Session 1 · Strength
Session 2 · Strength
Session 3 · Easy run

Repeat the movements and add a short set to one exercise if the first week felt comfortable. Keep the run easy.

Week 3 · Increase the challenge

Session 1 · Strength
Session 2 · Strength
Session 3 · Easy run

Finish one strength session with a few short rounds of a light carry followed by an easy jog. Rest between rounds until your breathing settles.

Week 4 · Put it together

Session 1 · Strength
Session 2 · Strength
Session 3 · Easy run

Repeat the first week's sessions at the same load. Note which movement you can now perform more smoothly and which still needs practice.