ATHLERION

HYROX foundations

4 weeks · Beginner – Intermediate · Self-guided

Build a solid base for HYROX. Each week includes an easy run or run-walk, a strength session, and a short mixed session that combines running and stations. Leave a recovery day between sessions.

Week 1 · Build the base

Session 1 · Easy run · 30–40 min
Session 2 · Strength · 40–50 min
Session 3 · Mixed · 35–45 min

Keep the run conversational. Practice step-ups, light carries, and controlled squats in the strength session. In the mixed session, alternate short easy jogs with one familiar movement.

Week 2 · Add consistency

Session 1 · Easy run · 30–40 min
Session 2 · Strength · 40–50 min
Session 3 · Mixed · 35–45 min

Repeat the same three sessions. Add one round to the mixed session if you recovered well and can keep your form steady.

Week 3 · Increase the challenge

Session 1 · Easy run · 30–40 min
Session 2 · Strength · 40–50 min
Session 3 · Mixed · 35–45 min

In the mixed session, alternate easy runs with two familiar stations. Walk the transitions and see what pace lets you start each run comfortably.

Week 4 · Put it together

Session 1 · Easy run · 30–40 min
Session 2 · Strength · 40–50 min
Session 3 · Mixed · 35–45 min

Repeat your first mixed session at the same effort. Compare how quickly you settle into the run after each station, then choose one station to practice in your next block.