

HYROX TRAINING CALENDAR

Four-week plan for one month out

WEEK 4 OUT

Build the race feel

Touch each part of the event. Finish with a measured mixed session.

MON Easy run 35 to 45 min, then mobility. RUN	TUE Strength Sled push, pull, lunges, carries, core. STRENGTH	WED 1 km repeats Five controlled repeats with easy rest. RUN	THU Recovery Rest or an easy bike and a short walk. REST	FRI Station skill Ski, row, jumps, wall balls, carries. SKILL	SAT Mixed session 1 km plus a station for four to six rounds. FUEL	SUN Full rest Eat, sleep, and let the work settle. REST
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One honest rehearsal is enough. Keep the rest of the week simple.

MON	TUE	WED	THU	FRI	SAT	SUN
Easy run	Strength	Rest	Race rehearsal	Light movement	Station skill	Easy run
Easy pace, then a few smooth strides.	Sleds, lunges, carries, and clean form.	Let the legs reset before the rehearsal.	Six to eight runs with scaled stations.	Walk, mobility, or an easy spin only.	Short, tidy practice. No hard finish.	45 to 60 min at an easy effort.
RUN	STRENGTH	REST	SKILL	REST	SKILL	FUEL

Sharpen the edges

Reduce the total load. Keep enough pace and skill to feel ready.

MON	TUE	WED	THU	FRI	SAT	SUN
Reset	400 m reps	Maintain strength	Station flow	Rest	Short rehearsal	Easy reset
Rest or easy mobility.	Six smooth, fast reps with full control.	Short strength session with clean technique.	Ski, row, lunges, carries, wall balls.	Let the faster work settle.	Three or four calm rounds.	Walk, stretch, and prep simple meals.
REST	RUN	STRENGTH	SKILL	REST	FUEL	REST

RACE WEEK

Taper and trust

Nothing new. Keep the body awake and arrive with enough energy to race.

MON Easy run 25 to 35 min at a chatty pace. RUN	TUE Light stations Perfect form with light loads. SKILL	WED Rest Short walk if you want to move. REST	THU Tune-up Jog, strides, light wall balls, mobility. SKILL	FRI Rest day Rest for a Saturday race. Shake out for Sunday. REST	SAT Race or rest Use only food and fuel you already know. FUEL	SUN Race or recovery Warm up calm. Start with patience. FUEL
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Calendar note: This is a general final-month template for people who already train. Event division, training history, injury status, food tolerance, and race date can change the right load.