

4-WEEK HYROX PLAN

20 WORKOUTS. EVERY ONE 60 MINUTES.

5 TRAINING DAYS

2 REST DAYS

4 PROGRESSIVE WEEKS

BUILT TO USE, NOT JUST SAVE.

A fixed four-week build block for athletes already prepared for regular vigorous training. Choose your lane, protect form, and use the evidence to choose the next block.

IMPORTANT

This is general training guidance, not medical advice or a personalised program. It is not a race-week taper.

START HERE

YOUR WEEK, LOCKED.

Five 60-minute sessions. Two real rest days. The midweek rest breaks the load before the specific work.

MON
DAY 1
Run quality

TUE
DAY 2
Strength + sled

WED
REST
No hard training

THU
DAY 3
Aerobic + skill

FRI
DAY 4
Compromised work

SAT
DAY 5
Race density

SUN
REST
No hard training

THE FOUR RULES

- | | |
|--------------------------------|--|
| PROTECT THE CLOCK | Do not add finishers. The 60-minute cap is part of the plan. |
| PROTECT THE NEXT RUN | Station output matters only when you can regain posture and pace. |
| SCALE BEFORE FORM FAILS | Reduce load, impact or range while the planned effort stays honest. |
| USE EVIDENCE | Record pace, rep quality, recovery and the first limiter that repeats. |

REST MEANS REST

Easy walking and gentle mobility are optional only if they leave you fresher. Do not turn rest days into secret conditioning.

READY ENOUGH TO START?

This is a training readiness check, not medical clearance. If an answer creates doubt, pause and get qualified guidance.

START THE BLOCK WHEN ALL ARE TRUE

- I have trained at least three days most weeks during the past six weeks.
- I can complete 30 minutes of easy cardio while speaking in full sentences.
- I can squat, hinge, lunge, push, pull and carry with controlled technique.
- I have no new injury, illness or symptom that changes normal movement.
- I understand the stop rules and will not use this PDF as medical clearance.

GREEN - AS WRITTEN

No pain or illness. Movement, sleep and energy are normal.

AMBER - FOUNDATION LANE

Unusual soreness, poor sleep or elevated fatigue. Cap at RPE 6, reduce load and replace impact.

RED - NO SESSION

Sharp or escalating pain, chest pain, dizziness, faintness, unusual shortness of breath, illness or a new injury. Stop and seek appropriate care.

Screening context: [ACSM preparticipation evaluation resources](#).

CHOOSE THE RIGHT DOSE.

Use one lane for a full session. Change lanes only to protect the planned intent.

01 FOUNDATION

Best for: newer racers, return from a break, or amber-readiness days.

- Cap hard work at RPE 6.
- Use 3 reps in reserve.
- Use 30-35 sec of station work per minute.
- Replace impact before skipping aerobic time.

02 STANDARD

Best for: regularly trained intermediate athletes.

- Run the written RPE and clock.
- Use 2 reps in reserve on strength.
- Choose loads that preserve the next run.
- Progress only after a green week.

03 ADVANCED

Best for: experienced racers with stable technique.

- Keep the same 60-minute cap.
- Use 1-2 reps in reserve.
- Move toward division loads selectively.
- Add output inside the block, never extra time.

THE PROGRESSION RULE

Progress one variable only: pace, load, reps or movement difficulty. Do not increase two at once. Progress only when the prior week had no persistent pain, no unusual fatigue, clean reps and stable final intervals.

KEEP THE INTENT.

EFFORT SCALE

RPE 4	Conversational. Easy enough to repeat tomorrow.
RPE 5	Comfortable work. Breathing deeper, still controlled.
RPE 6	Purposeful. Short sentences remain possible.
RPE 7	Hard but repeatable. One clean round still available.
RPE 8	Very hard. Reserved for the specific week, never all-out.

EQUIPMENT SWAPS

SKIERG

Rower or band straight-arm pulldown

SLED PULL

Cable row plus backward drag if available

FARMERS CARRY

Dumbbell or kettlebell carry

WALL BALL

Light thruster or squat to a clear target

SLED PUSH

Heavy leg press or safe plate push on turf

ROW

Bike or SkiErg at matched effort

SANDBAG LUNGE

Front-rack dumbbell walking lunge

RUNNING

Incline walk, bike, rower or elliptical

STOP RULES

- Stop for sharp or escalating pain, dizziness, faintness, chest pain or unusual shortness of breath.
- Do not train through illness, a new injury or fatigue that materially changes movement.
- Get qualified clearance before returning after injury.
- When in doubt, end the session. Missing one workout costs less than forcing the wrong one.

KNOW YOUR DIVISION.

Every station follows a 1 km run for 8 km total running. Sled figures include the sled. Venue turf changes perceived resistance.

STATION	WOMEN	WOMEN PRO	MEN	MEN PRO
SkiErg	1,000 m	1,000 m	1,000 m	1,000 m
Sled push	102 kg	152 kg	152 kg	202 kg
Sled pull	78 kg	103 kg	103 kg	153 kg
Burpee broad jump	80 m	80 m	80 m	80 m
Row	1,000 m	1,000 m	1,000 m	1,000 m
Farmers carry	2 x 16 kg	2 x 24 kg	2 x 24 kg	2 x 32 kg
Sandbag lunges	10 kg / 100 m	20 kg / 100 m	20 kg / 100 m	30 kg / 100 m
Wall balls	4 kg / 100	6 kg / 100	6 kg / 100	9 kg / 100

USE THIS TABLE FOR EXPOSURE, NOT EGO.
The written sessions are time and intent based. Only advanced athletes with stable technique should move selectively toward division loads.

Official source: [HYROX Single Rulebook 26/27](#). Verify the latest athlete briefing before racing.

TRAIN VALID REPS.

These are reminders, not a substitute for the official rulebook or event briefing.

1 SKIERG

Complete 1,000 m. Keep both feet on the platform and wait for confirmation before leaving.

2 SLED PUSH

Complete four 12.5 m lengths. The full sled must cross each line before direction changes.

3 SLED PULL

Stay in the assigned lane and racers box. Pull the full sled across each line.

4 BURPEE BROAD JUMP

Start with the burpee, land beyond each marked line, and finish by jumping across the final line.

5 ROW

Complete 1,000 m and wait for judge confirmation before leaving.

6 FARMERS CARRY

Complete 200 m and return kettlebells upright in the correct area.

7 SANDBAG LUNGES

Complete 100 m with the sandbag carried to the division standard and valid lunge depth.

8 WALL BALLS

Complete 100 valid reps using the correct ball and target. Depth and target contact both matter.

RACE ORDER IS FIXED.

Run 1 km, then complete stations 1 through 8 in order. Do not use training swaps as race-standard substitutions.

Full standards and penalties: [official HYROX Single Rulebook 26/27](#).

WEEK 1 / CONTROL

Establish repeatable output. Finish every hard block knowing you could have done one more.

DAY 1 / 60:00

RPE 6-7

RUN ECONOMY

Build controlled speed without turning the first week into a test.

10 MIN

WARM-UP

6 min easy. Then 2 rounds: 20 sec quick feet, 20 sec skips, 20 sec relaxed stride, 60 sec easy.

32 MIN

MAIN SET

4 rounds: 5 min controlled hard at RPE 7, then 3 min easy. Keep the final rep within 3% of the first.

10 MIN

STRENGTH

2 steady rounds: 8 goblet squats, 10 dumbbell Romanian deadlifts, 30 sec side plank per side. Rest as needed.

8 MIN

DOWN-SHIFT

Easy walk or jog. Finish with slow nasal breathing and light calf mobility.

SCALE

No running today: use bike, rower, SkiErg or incline walk at the same effort and time.

DAY 2 / 60:00

RPE 6-7 / 2-3 reps in reserve

STRENGTH + SLED SKILL

Build useful force while keeping every rep clean and repeatable.

10 MIN

WARM-UP

Easy machine work, then ankle, hip and shoulder mobility. Add 2 light sets of the first lift.

24 MIN

STRENGTH

4 x 6-min blocks: 8 squats, 8 push presses, 10 bent rows. Use the remaining time to walk and reset.

16 MIN

SLED SKILL

4 x 4-min cycles: controlled push, controlled pull, then easy walk for the remaining time. Practise low body position and short steps.

10 MIN

DOWN-SHIFT

Easy movement, quads and hips. Leave the gym feeling better than at minute 50.

SCALE

No sled: use heavy leg press plus cable rows, or a safe plate push and backward drag on turf.

WEEK 1 / CONTROL

Establish repeatable output. Finish every hard block knowing you could have done one more.

DAY 3 / 60:00

RPE 4-5

AEROBIC + STATION SKILL

Add low-cost aerobic work, then practise three movements before fatigue gets loud.

10 MIN

WARM-UP

Easy jog or erg. Gradually lift cadence without lifting effort above RPE 4.

30 MIN

AEROBIC

Continuous easy work. You should be able to speak a full sentence. Keep output smooth and boring.

12 MIN

SKILL EMOM

4 rounds: min 1 SkiErg, min 2 six step-back burpees, min 3 eight light wall balls. Work for 40-45 sec, then reset.

8 MIN

DOWN-SHIFT

Walk, then light thoracic, hip flexor and ankle mobility.

SCALE

Use a rower or band pulldown for SkiErg. Use a squat to target or light thruster for wall balls.

DAY 4 / 60:00

RPE 6-7

COMPROMISED CONTROL

Learn to regain posture and rhythm after functional work.

10 MIN

WARM-UP

Easy run, 3 short strides, 6 light wall balls and 4 smooth burpees.

36 MIN

MAIN SET

6 x 6-min blocks: 3 min run, then 10 wall balls and 6 burpee broad jumps. Walk or jog easy until the next block.

6 MIN

TRANSITIONS

3 calm rehearsals: set equipment, move out, find tall posture and settle breathing within 45 sec.

8 MIN

DOWN-SHIFT

Easy walk or jog. Note pace, rep quality and breathing recovery.

SCALE

Shorten the burpee jump or step back. Reduce ball load before you reduce movement quality.

WEEK 1 / CONTROL

Establish repeatable output. Finish every hard block knowing you could have done one more.

DAY 5 / 60:00

RPE 6-7

RACE DENSITY I

Touch the full race movement family without racing the workout.

10 MIN

WARM-UP

Easy run or erg, then one light rehearsal of every movement available today.

40 MIN

DENSITY

5 x 8-min blocks. Each block starts with 4 min running, then station work: Ski; sled push/pull; row; carry/lunge; wall balls. Move continuously.

10 MIN

DOWN-SHIFT

Easy movement and a short written review: where did posture, grip or pace break first?

SCALE

Missing equipment: use the swap guide on page 3. Preserve the movement intent, not a fake race load.

WEDNESDAY + SUNDAY TWO TRUE REST DAYS

No hard training. Optional easy walking or gentle mobility only when it improves how you feel. Do not make up missed volume on a rest day.

WEEKLY CHECKPOINT

Record run pace or machine output for Day 4, plus how quickly your breathing settles after each station.

WEEK 2 / BUILD

Add controlled volume. Progress only if Week 1 left no persistent pain or unusual fatigue.

DAY 1 / 60:00

RPE 7

THRESHOLD CONTROL

Hold a strong pace long enough to expose pacing errors.

10 MIN

WARM-UP

Easy run plus 3 x 20 sec relaxed strides with 40 sec easy between.

36 MIN

MAIN SET

3 rounds: 8 min at controlled threshold, then 4 min easy. Start one gear below your impulse.

6 MIN

TRUNK

3 rounds: 40 sec dead bug, 20 sec reset, 40 sec front plank, 20 sec reset.

8 MIN

DOWN-SHIFT

Easy jog or walk. Record average pace and the gap between the fastest and slowest rep.

SCALE

Use an erg or incline walk. Keep the same 8:4 work-to-easy rhythm.

DAY 2 / 60:00

RPE 7 / 2 reps in reserve

UNILATERAL STRENGTH + SLED

Build leg and trunk strength that stays organised under fatigue.

10 MIN

WARM-UP

Easy machine work, mobility and two light ramp sets.

28 MIN

STRENGTH

4 x 7-min blocks: 6 split squats per side, 8 Romanian deadlifts, 8 floor presses. Walk and reset in remaining time.

14 MIN

SLED

7 x 2-min cycles: controlled push and pull, then easy walk. Use a load that never forces rounded posture.

8 MIN

DOWN-SHIFT

Easy movement plus hips, adductors and upper back.

SCALE

No sled: alternate 30 sec heavy leg press and 30 sec cable row, then walk easy to finish each 2-min cycle.

WEEK 2 / BUILD

Add controlled volume. Progress only if Week 1 left no persistent pain or unusual fatigue.

DAY 3 / 60:00

RPE 4-5

AEROBIC DURABILITY

Extend easy work while keeping mechanics stable.

10 MIN

WARM-UP

Easy start. Build to your normal aerobic cadence by minute 8.

36 MIN

AEROBIC

30 min conversational, then 6 min at RPE 6. No sprint finish.

8 MIN

SKILL

Alternate 2 min SkiErg and 2 min row at smooth technique for 2 rounds.

6 MIN

DOWN-SHIFT

Walk and slow breathing. You should feel ready to train tomorrow.

SCALE

Choose one low-impact machine for the full 44 min if legs are carrying excessive impact fatigue.

DAY 4 / 60:00

RPE 7

COMPROMISED REPEATS

Hold useful run pace after different station demands.

10 MIN

WARM-UP

Easy run, movement rehearsal and 2 short pace pickups.

40 MIN

MAIN SET

5 x 8-min blocks: 4 min run, 2 min station, 2 min easy. Rotate Ski, sled, burpee broad jump, row and wall ball.

10 MIN

DOWN-SHIFT

Easy movement. Record which station caused the largest pace or posture change.

SCALE

Choose technique-safe station loads. If the next run collapses, reduce station load before reducing recovery.

WEEK 2 / BUILD

Add controlled volume. Progress only if Week 1 left no persistent pain or unusual fatigue.

DAY 5 / 60:00

RPE 7

RACE DENSITY II

Increase changeover frequency while keeping execution calm.

10 MIN

WARM-UP

Easy run or erg plus one light set of each available station.

42 MIN

DENSITY

6 x 7-min blocks: 3 min run, 3 min station, 1 min reset. Rotate Ski, sled push, sled pull, burpees, row, then carry/lunge/wall ball.

8 MIN

DOWN-SHIFT

Walk, breathe and write one cue that improved your worst transition.

SCALE

Do not chase race loads. Select loads that preserve full range, clean standards and the planned RPE.

WEDNESDAY + SUNDAY TWO TRUE REST DAYS

No hard training. Optional easy walking or gentle mobility only when it improves how you feel. Do not make up missed volume on a rest day.

WEEKLY CHECKPOINT

Compare Day 4 output with Week 1. Progress means steadier pace and cleaner reps, not just more suffering.

WEEK 3 / SPECIFIC

This is the highest-density week. Keep one rep in reserve and protect the quality of the next run.

DAY 1 / 60:00

RPE 7-8

CRUISE INTERVALS

Accumulate strong running without the fade of an all-out session.

10 MIN

WARM-UP

Easy run and 3 relaxed strides. Finish warm, not tired.

40 MIN

MAIN SET

5 rounds: 6 min strong and controlled, then 2 min easy. Final rep must stay technically clean.

10 MIN

DOWN-SHIFT

Easy jog or walk. Record the pace spread across all five efforts.

SCALE

Use an erg or incline walk. End the set if mechanics deteriorate despite one reduction in effort.

DAY 2 / 60:00

RPE 7 / 2 reps in reserve

STRENGTH MAINTENANCE + SLED

Keep force high without creating soreness that contaminates the specific work.

10 MIN

WARM-UP

Easy machine work, dynamic mobility and two progressive lift sets.

30 MIN

STRENGTH

5 x 6-min blocks: 6 squats, 8 Romanian deadlifts, 6 push presses, 8 rows. Walk in the remaining time.

12 MIN

SLED

6 x 2-min cycles: crisp push or pull, then easy walk. Stop each effort before posture breaks.

8 MIN

DOWN-SHIFT

Easy movement. No extra finishers.

SCALE

No sled: heavy leg press and cable row. Keep the same 2-min clock and strict posture.

WEEK 3 / SPECIFIC

This is the highest-density week. Keep one rep in reserve and protect the quality of the next run.

DAY 3 / 60:00

RPE 4-5

AEROBIC RESET + STRIDES

Absorb the week while keeping turnover sharp.

10 MIN

WARM-UP

Very easy start with relaxed shoulders and quiet foot strike.

38 MIN

AEROBIC

Continuous conversational work. Keep heart rate and breathing stable.

6 MIN

STRIDES

6 rounds: 20 sec fast but relaxed, 40 sec very easy. Never sprint.

6 MIN

DOWN-SHIFT

Walk and reset. Finish with more energy than you started.

SCALE

Use a bike or elliptical for the aerobic block. Keep strides as quick, low-resistance cadence pickups.

DAY 4 / 60:00

RPE 7-8

STATION-TO-RUN PROOF

Expose the movement that most damages your next run.

10 MIN

WARM-UP

Easy run, then short rehearsals of all six stations.

42 MIN

MAIN SET

6 x 7-min blocks: 2 min station, 3 min run, 2 min easy. Rotate Ski, sled push, burpees, row, lunges and wall balls.

8 MIN

DOWN-SHIFT

Walk and log the first 60 sec of every run: posture, pace and breathing control.

SCALE

Keep station output repeatable. A fast station that destroys the run is a pacing failure, not a win.

WEEK 3 / SPECIFIC

This is the highest-density week. Keep one rep in reserve and protect the quality of the next run.

DAY 5 / 60:00

RPE 7-8 / never all-out

CONTROLLED SIMULATION

Connect the full movement family at submaximal race rhythm.

10 MIN

WARM-UP

Easy run or erg, movement prep and one calm transition rehearsal.

44 MIN

SIMULATION

4 x 11-min blocks: 5 min run, 5 min paired stations, 1 min reset. Pairs: Ski/sled push; sled pull/burpee; row/carry; lunge/wall ball.

6 MIN

DOWN-SHIFT

Walk and breathe. Record the earliest limiter and one pacing change for next time.

SCALE

Split each 5-min station block evenly. Use equipment swaps and loads that keep every rep valid.

WEDNESDAY + SUNDAY TWO TRUE REST DAYS

No hard training. Optional easy walking or gentle mobility only when it improves how you feel. Do not make up missed volume on a rest day.

WEEKLY CHECKPOINT

Identify the single limiter that most consistently damages the next run: engine, legs, grip, skill or pacing.

WEEK 4 / CONSOLIDATE

Reduce noise, keep quality and finish with a repeatable benchmark. This is not a race-week taper.

DAY 1 / 60:00

RPE 7

QUALITY RUN

Keep threshold touch without carrying unnecessary fatigue.

10 MIN

WARM-UP

Easy run plus 3 x 15 sec relaxed strides.

30 MIN

MAIN SET

3 rounds: 6 min at RPE 7, then 4 min easy. Smooth, even and never desperate.

10 MIN

STRENGTH

2 light rounds: 8 goblet squats, 10 Romanian deadlifts, 30 sec side plank per side.

10 MIN

DOWN-SHIFT

Easy jog or walk and gentle mobility.

SCALE

Use an erg or incline walk. Keep the exact 6:4 rhythm.

DAY 2 / 60:00

RPE 6-7 / 3 reps in reserve

CRISP STRENGTH + SLED

Maintain movement confidence with lower total stress.

10 MIN

WARM-UP

Easy machine work, mobility and two light ramp sets.

22 MIN

STRENGTH

3 controlled rounds: 6 squats, 8 rows, 6 push presses, 8 split squats per side. Walk and reset between.

12 MIN

SLED TECHNIQUE

6 x 2-min cycles: short crisp push or pull, then easy walk. No grinders.

8 MIN

MOBILITY

Ankles, hips, thoracic spine and shoulders. Stay out of painful ranges.

8 MIN

DOWN-SHIFT

Easy movement and slow breathing.

SCALE

No sled: light leg press and cable row. Treat this as technique, not a test.

WEEK 4 / CONSOLIDATE

Reduce noise, keep quality and finish with a repeatable benchmark. This is not a race-week taper.

DAY 3 / 60:00

RPE 4

EASY ENGINE + SKILL

Keep rhythm while reducing impact and fatigue.

10 MIN

WARM-UP

Very easy start. Build only to conversational effort.

32 MIN

AEROBIC

Continuous easy work. Choose the modality that leaves your legs freshest.

8 MIN

SKILL

Four 2-min blocks: Ski, row, light wall balls, light carry. Stop every set while technique is crisp.

10 MIN

MOBILITY

Walk, then light calves, hips, lats and upper back.

SCALE

If fatigue is elevated, make all 50 work minutes easy cycling or walking and keep the 10-min mobility block.

DAY 4 / 60:00

RPE 6-7

COMPROMISED SHARPENING

Rehearse clean transitions without the peak-week density.

10 MIN

WARM-UP

Easy run plus movement rehearsals.

32 MIN

MAIN SET

4 x 8-min blocks: 3 min run, 3 min station, 2 min easy. Use the four movements that need the most confidence.

8 MIN

TRANSITIONS

Four calm rehearsals: enter, set up, finish, move out and recover tall posture.

10 MIN

DOWN-SHIFT

Easy movement. Finish feeling sharp, not emptied.

SCALE

Use light loads and controlled standards. There is no benefit in manufacturing soreness this week.

WEEK 4 / CONSOLIDATE

Reduce noise, keep quality and finish with a repeatable benchmark. This is not a race-week taper.

DAY 5 / 60:00

RPE 6-7

BENCHMARK + REVIEW

Repeat Week 1 Day 4 and judge control, not pain tolerance.

10 MIN

WARM-UP

Use the same warm-up and equipment setup as Week 1.

36 MIN

BENCHMARK

6 x 6-min blocks: 3 min run, then 10 wall balls and 6 burpee broad jumps. Easy until the next block.

14 MIN

DOWN-SHIFT + LOG

Walk or jog easy, then record pace, rep quality, recovery and the limiter that still deserves the next block.

SCALE

Use the same scaling as Week 1. Consistency makes the comparison useful.

WEDNESDAY + SUNDAY TWO TRUE REST DAYS

No hard training. Optional easy walking or gentle mobility only when it improves how you feel. Do not make up missed volume on a rest day.

WEEKLY CHECKPOINT

Repeat the Week 1 Day 4 benchmark. Look for steadier pace, cleaner reps and faster recovery at similar effort.

TRACK WHAT REPEATS.

After each session, capture only the signal you will use. A tiny log beats a perfect one you abandon.

WEEK	DONE	PACE / OUTPUT	REP QUALITY	RECOVERY	FIRST LIMITER
1	D1				
1	D2				
1	D3				
1	D4				
1	D5				
2	D1				
2	D2				
2	D3				
2	D4				
2	D5				
3	D1				
3	D2				
3	D3				
3	D4				
3	D5				
4	D1				
4	D2				
4	D3				
4	D4				
4	D5				

END-OF-BLOCK DECISION

The limiter that repeated most:

The session that improved most:

The one change for the next block:

RACE-WEEK TAPER.

Use this only after the four-week block. Do not compress the block or double sessions to fit a race date.

7 DAYS OUT

REST OR EASY 30

No missed-volume catch-up. Finish fresher.

6 DAYS OUT

45 MIN RHYTHM

Easy aerobic work, four relaxed strides, then a few clean station reps.

5 DAYS OUT

40 MIN CRISP STRENGTH

Three reps in reserve. No grinders and no soreness target.

4 DAYS OUT

REST OR EASY 25

Walking and mobility only if they improve how you feel.

3 DAYS OUT

35 MIN PRIMER

Three rounds: 3 min race rhythm, 3 min easy, then a few familiar station reps.

2 DAYS OUT

REST

Prepare kit, logistics, pacing and familiar food.

1 DAY OUT

OPTIONAL 20 MIN

Very easy shakeout, two relaxed strides and mobility. Stop while sharp.

RACE DAY

EXECUTE

Use only familiar kit, food, pacing and warm-up decisions.

CALENDAR RULE

Start the four-week block at least five weeks before race day, then use this race-week page. With fewer than five weeks, keep familiar work and remove fatigue instead of chasing missed fitness.

NO RACE-DAY EXPERIMENTS.

This is general performance guidance, not an individual meal plan. Medical conditions and dietary needs require qualified advice.

BEFORE

ARRIVE READY

Start fed and hydrated using familiar foods and fluids. Avoid testing a new pre-session meal before hard work.

DURING

MATCH THE SESSION

Water may be enough for many 60-minute sessions. For longer races or simulations, practise the fluids and carbohydrate strategy you intend to use.

AFTER

RECOVER ON PURPOSE

Resume normal meals and include carbohydrate, protein and fluids. Persistent under-fuelling is not a training advantage.

RACE WEEK

KEEP IT FAMILIAR

Do not introduce new supplements, foods or aggressive restriction. Pack and rehearse what has already worked.

YOUR PERSONAL HYDRATION CHECK

Use thirst, session conditions, usual sweat loss and post-session recovery as evidence. Hot conditions, heavy sweating and long duration can change needs materially.

Athlete education: [Australian Institute of Sport Performance Nutrition HQ](#)

YOUR NEXT BLOCK SHOULD NOT BE GENERIC.

This PDF gives you structure. Your training log gives you evidence. LimiterIQ turns that evidence into the next priority.

1 NAME THE FIRST LIMITER

Engine, legs, grip, skill, pacing or recovery.

2 CHECK THAT IT REPEATS

One bad day is noise. The same failure pattern is signal.

3 BIAS THE NEXT BLOCK

Keep the full system, but give the constraint the best training slot.

FIND MY LIMITER - FREE

No card required / takes a few minutes

SOURCES + LIMITS

Race structure, divisions and movement cues checked against the official HYROX Single Rulebook 26/27. Rules and event details can change. Verify the latest rulebook and athlete briefing.

[Official rulebook](#) / [AIS performance nutrition](#) / [ACSM preparticipation evaluation](#)

TRAINING GUIDANCE ONLY. Not medical advice, injury diagnosis, rehabilitation or a guarantee of race performance.