

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 cleared for regular vigorous training. Run it as written, scale before form breaks, and use your 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.

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

- 1 PROTECT THE CLOCK**
- 2 PROTECT THE NEXT RUN**
- 3 SCALE BEFORE FORM FAILS**
- 4 USE EVIDENCE**

Do not add finishers. The 60-minute cap is part of the plan.

Station output is useful only when you can regain posture and pace.

Reduce load, impact or range while the planned effort stays honest.

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.

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 PUSH

Heavy leg press or safe plate push on turf

SLED PULL

Cable row plus backward drag if available

ROW

Bike or SkiErg at matched effort

FARMERS CARRY

Dumbbell or kettlebell carry

SANDBAG LUNGE

Front-rack dumbbell walking lunge

WALL BALL

Light thruster or squat to a clear target

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 your movement.
- Seek qualified medical care for concerning symptoms. Get clearance before returning after injury.
- When in doubt, end the session. Missing one workout costs less than forcing the wrong one.

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:

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 checked against the official HYROX Single Rulebook 26/27 on 28 July 2026. Rules, distances, standards and event details can change. Verify the latest official rulebook and athlete briefing. LimiterIQ is independent and is not endorsed by or affiliated with HYROX World GmbH.

OFFICIAL RULEBOOK https://hyrox.com/wp-content/uploads/2025/07/25_26_HYROX_RulebookSingles_EN.pdf

TRAINING GUIDANCE ONLY

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