

BEDROCK

THE 10-WEEK HYROX BUILD

Benchmark. Base. Build. Peak. Taper. The physiology of the race, programmed in the order your body actually adapts to it.

Inside: race format and station-by-station demand, official division weights, the physical qualities that predict HYROX performance, a full terminology glossary, your benchmark and wattage protocol, and the complete week-by-week program.

Name _____ Target race _____

THE RACE

The HYROX Format

Every HYROX race, at every venue worldwide, follows the identical structure: eight 1km runs, each immediately followed by one functional station, in this exact order. Total running distance is 8km. Nothing about the order changes by division, only the loads do.

1KM RUN

STATION 1 – SkiErg – 1000m

1KM RUN

STATION 2 – Sled Push – 50m (4 x 12.5m)

1KM RUN

STATION 3 – Sled Pull – 50m (4 x 12.5m)

1KM RUN

STATION 4 – Burpee Broad Jump – 80m

1KM RUN

STATION 5 – Rowing – 1000m

1KM RUN

STATION 6 – Farmers Carry – 200m

1KM RUN

STATION 7 – Sandbag Lunges – 100m

1KM RUN

STATION 8 – Wall Balls – 75-100 reps

FINISH

The station that decides more races than any other isn't the heaviest one. It's Wall Balls, station eight, after 7km of running and seven other stations. It produced the highest blood lactate readings in the 2025 Bundeswehr Munich physiology study, higher than the sled. That's the entire logic behind training wall balls every week of this plan, not just once.

THE RACE

Weights by Division

Official HYROX station loads for the 2025/26 season. Every load includes the weight of the sled itself. Standards are set by HYROX and can shift between seasons, always confirm the current rulebook at hyrox.com before race day.

STATION	WOMEN OPEN	MEN OPEN	WOMEN PRO	MEN PRO
Sled Push	102 kg incl. sled	152 kg incl. sled	152 kg incl. sled	202 kg incl. sled
Sled Pull	78 kg incl. sled	103 kg incl. sled	103 kg incl. sled	153 kg incl. sled
Farmers Carry	2 x 16 kg	2 x 24 kg	2 x 24 kg	2 x 32 kg
Sandbag Lunge	10 kg	20 kg	20 kg	30 kg
Wall Ball	4 kg, 2.7m, 75 reps	6 kg, 3.0m, 100 reps	6 kg, 2.7m, 100 reps	9 kg, 3.0m, 100 reps

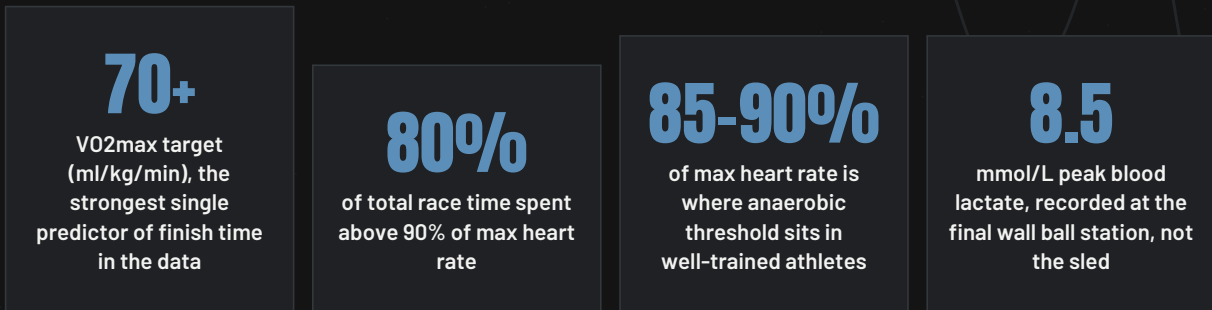
Note: Women's Pro uses the same loads as Men's Open on every station except the wall ball target height. SkiErg, Rowing, and Burpee Broad Jumps carry no added load in any division. Women's Open wall balls dropped from 100 to 75 reps for the 2025/26 season.

If you don't yet know your target division, Open is almost always the right starting point, challenging but achievable for a well-prepared recreational athlete within this 10-week block. The weight in this table for your division becomes your 100% reference for every sled percentage in the plan, no separate max-load test required.

THE DEMAND

Qualities of a HYROX Athlete

What actually separates a strong HYROX finish from an average one isn't any single station. It's a specific physiological profile, and the 2025 Bundeswehr Munich study is direct about which parts of it matter most.



- A big aerobic engine, built before anything else. VO2max and total endurance training volume predicted finish time more strongly than grip or one-rep strength in the physiology data. This is why the base phase of this plan is three weeks of aerobic threshold work before any race-specific intensity appears.
- Speed or power output at anaerobic threshold. Not your top-end sprint speed, what you can sustain once lactate starts accumulating. A well-conditioned athlete holds a higher speed and power output at threshold, which is what actually shows up as a faster, more even race.
- Mobility to support efficient movement under fatigue. Most relevant at burpee broad jumps and wall balls, the two stations with no external load where technique and range of motion, not strength, determine how much energy each rep costs.
- The ability to hold form when compromised. Running economy measurably degrades in the kilometre after a fatiguing station. This is a trainable skill, not a fixed trait, which is the entire premise of the compromised-running sessions built into every week of this plan.
- Mental resilience for the back half of the race. The physiological cost is not evenly distributed, lactate and perceived effort both climb through the second half of the race, peaking at the final station. Athletes who fade badly late are usually under-prepared for this specific demand, not simply unfit.

BEFORE YOU START

Terminology Explained

Everything referenced across the plan, in one place.

Tempo notation

Strength lifts are written as a 4-digit tempo, e.g. 3010. Each digit is seconds spent in one phase of the lift: 1st = eccentric (lowering), 2nd = pause at the bottom, 3rd = concentric (lifting), 4th = pause at the top. Squat @ 3010 = 3 seconds down, 1 second pause at the bottom, 1 second up, no pause at the top. Controlling tempo builds strength and joint resilience and stops reps turning into momentum.

RPE (Rate of Perceived Exertion)

A 1-10 scale for how demanding a session is overall, not how hard any single interval feels. A session can include a maximal 200m sprint and still land at RPE 6-7 if the total volume is low and recovery between efforts is generous. RPE describes the whole session's cost to your recovery, not the peak intensity within it. That distinction is exactly why this plan labels the Week 9 simulation RPE 9-10 and nothing else in the other nine weeks gets that label: the simulation is genuinely maximal in both intensity and volume at once.

Zone 1-4 (wattage and pace)

See the Benchmark Week pages for the full breakdown. In short: Zone 1 is conversational, Zone 2 is comfortably hard, Zone 3 is race intent, Zone 4 is maximal and reserved for testing.

Mobilisation

Taking a joint through the range of motion it needs for the session ahead, as a controlled, repeated movement rather than a static hold. Lunges, hip openers, and dynamic leg swings are mobilisation. Prioritise whichever areas you know are tight.

Supine breathing

Lying on your back, breathing deeply in through the nose and out through the mouth. Used in cooldowns to bring heart rate down deliberately rather than just stopping.

Recovery posture

Any position that helps heart rate settle after a hard effort: lying on your back, lying on your back with feet elevated against a wall or box, or child's pose. Used in every cooldown in this plan.

Active rest

Low-intensity movement during a rest interval instead of standing still, a light jog, an easy walk, or a very light row. Keeps blood moving without adding fatigue.

Compromised running

Running immediately after a station, while your legs are already fatigued and blood is still redistributing from the working muscles. This is the specific skill most amateur athletes haven't trained, and it's built deliberately into Day 2 of every week.

Division race weight

Your target division's official sled push/pull load from the Weights by Division table (page 3). Every sled percentage in weeks 2-10 is calculated from this fixed, official number, not a self-tested max.

WEEK 1

Benchmark & Wattage Week

Nothing in weeks 2–10 is a fixed number. Every pace, watt target, and sled load is relative to what you record this week. Retest 1km run and 2-minute wall balls in week 6 (deload) and again in week 9 (peak) to confirm your zones are still accurate as fitness changes.

TEST	WHAT IT SETS
1km run time trial, flat, controlled effort	Aerobic Threshold, Lactate Threshold, and Race Pace targets (see pace table)
500m Ski Erg time trial – record time AND average watts	Your Ski Erg wattage zones for every session in the plan
500m Row time trial – record time AND average watts	Your Row wattage zones for every session in the plan
2-minute max wall ball reps	Wall ball set sizes across the plan
25m sled push for time, at a light/moderate load, technique focus (see note below)*	A speed and technique reference point, retested weeks 6 and 9. NOT used to set your sled loads.
Max dead hang time	Grip benchmark, retested weeks 6 and 9
5RM estimate: back squat, deadlift, bench press (RPE 7 max, not a true 1RM test)	Starting strength loads for week 2 onward

*On the sled test: don't test at your division's race weight in Week 1. Pushing a heavy, unfamiliar load cold, before your ankles, calves, and Achilles tendons have any accumulated tolerance to it, is a common way to pick up a strain in the first week of a program. Test at roughly 30–40% of your target division's race weight instead (see the Weights by Division table, page 3), moving well and fast, not maximal. This gives you a technique and speed baseline to track without the risk. Every sled percentage in weeks 2–10 is calculated directly from your target division's official race weight, not from this test.

Wattage zones, from your 500m Ski Erg / Row test

ZONE	% OF TEST AVERAGE WATT	USE
Zone 1 – Aerobic	Below 70%	Easy days, warm-ups, technique work
Zone 2 – Threshold	70–85%	Compromised-running bricks, most weekly erg work
Zone 3 – Race Pace	85–95%	Race-brick days, build and peak phases
Zone 4 – Test / Max	95%+	Time trials and the single peak-week simulation only

Run pace zones, from your 1km time trial (TT)

ZONE	TARGET PACE	FEEL
Aerobic Threshold	TT pace + 60-75 sec/km	Conversational, could hold for an hour
Lactate Threshold	TT pace + 15-20 sec/km	Comfortably hard, short sentences only
Race Pace	TT pace + 25-35 sec/km	Sustainable for 8 reps back to back – the actual race intent
V02max / interval pace	TT pace – 10-15 sec/km	Hard, short reps only, full recovery between



BEFORE EVERY SESSION

The Standard Warm-Up

Every session in this plan references this protocol. Skipping it, especially before sled and strength days, is how technique breaks down under load and how niggles turn into injuries.

General mobility (4–5 min)

Leg swings (front-back and side-side), hip openers, world's greatest stretch, arm circles and band pull-aparts. Move through full range, don't force end-range on a cold joint.

Progressive 1km run (4–6 min)

Start at an easy jog. Build pace gradually so you arrive at roughly your session's working pace by the final 200m, not before.

Movement-specific primer

On strength or sled days, add 2–3 light technical sets of the day's first movement before working weight (e.g. empty-bar squats, unloaded sled pushes). On brick days, walk through wall ball and burpee broad jump technique at low intensity.

Cooldown, every session: 2–3 minutes in a recovery posture (lying on your back, feet elevated, or child's pose) with controlled supine breathing, in through the nose, out through the mouth, aiming to bring your heart rate as close to resting as the time allows.

STRUCTURE

The Framework

WEEKS	PHASE	PURPOSE	SLED LOAD*
1	Benchmark	Test and calculate every zone, pace, and load used for the rest of the plan	Test only
2-5	Base	Aerobic threshold volume, movement technique, first exposure to compromised running	55-65%
6	Deload	Volume down ~40%, retest key benchmarks, technique only on sled	50%, technique only
7-8	Build	Lactate threshold work, race-order station density increases	70-80%
9	Peak	The one and only near-full simulation in the plan, ~85-90% intent	90-100%
10	Taper	Volume down sharply, short and sharp only, arrive fresh	50-60%, light touches

*As a percentage of your target division's official race weight (page 3), not a self-tested max.

Weekly session structure

DAY	FOCUS	INTENSITY
Day 1	Aerobic Threshold (genuinely easy) + Strength, hinge or squat pattern	Zone 1-2, RPE 5-6
Day 2	Compromised Running — station-into-run brick intervals	Zone 2, RPE 7-8
Day 3	Strength (squat, press, pull) + Sled, progressive % of division race weight	RPE 6-8
Day 4	Race-Specific Brick — stations in race order, wall balls and Ski Erg every week	Zone 2-3, RPE 7-8

Optional Day 5, aerobic top-up: 30-40 min easy Zone 1 bike, swim, or row, on any day with at least 48 hours either side clear of a hard session. Not required. Useful if your race demands more weekly aerobic volume than four sessions provide, common for athletes moving up from a lower running base.

One rule holds for the whole plan: Day 1 is always genuinely easy. Not a circuit, not a “controlled” version of something hard, an actual conversational-pace aerobic session. That's the day that lets the other three absorb and produce adaptation instead of accumulating fatigue.

CHOOSE YOUR CADENCE

4-Day vs 3-Day Options

This plan is written for four sessions a week. If your week only allows three, use the condensed option below rather than skipping days at random, it preserves the one rule that matters most: never stack two hard days back to back.

Option 1 – 4 days per week (as written)

MON	TUE	WED	THU	FRI	SAT	SUN
AEROBIC	RUN BRICK		STRENGTH	RACE BRICK		

Option 2 – 3 days per week (condensed)

MON	TUE	WED	THU	FRI	SAT	SUN
AEROBIC		RUN BRICK		RACE BRICK		

On three days, fold the Day 3 strength and sled work into the end of Monday's aerobic session as a shorter add-on (2-3 lifts, no more), rather than dropping strength entirely. If a fourth day opens up in a given week, add it back in as written rather than restructuring.

PHASE 1 – WEEKS 2-5

The Base Phase

Everything here is built at Aerobic and Lactate Threshold. No session density increase happens faster than technique allows, and Day 1 stays genuinely easy every single week.

WEEK 2 Aerobic foundation, movement technique		
Day 1	Aerobic Threshold + Strength	RPE 5-6
Warm-up	8-10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Run	5km @ Aerobic Threshold pace (Zone 1).	
Strength	Goblet squat 4x10 @ tempo 3010.	
Finisher	Core: 3x30s hollow hold.	
Cooldown	2-3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	
Day 2	Compromised Running	RPE 7-8
Warm-up	8-10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	4 rounds: 400m run @ Lactate Threshold pace + Ski Erg 300m @ Zone 2 watts. Rest 90s between rounds.	
Finisher	Grip: 3x30s dead hang.	
Cooldown	2-3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	
Day 3	Strength + Sled	RPE 6-7
Warm-up	8-10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Strength	Trap bar deadlift 4x8 @ RPE 7.	
Hyrox Workout	Sled push 6x15m @ 55% division race weight. Sled pull 6x15m @ 55%.	
Finisher	Core: 3x30s plank.	
Cooldown	2-3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 4	Race Brick (2 stations)	RPE 7-8
Warm-up	8-10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	3 rounds: 600m run @ Aerobic Threshold + 15 wall balls. Rest 90s between rounds.	
Finisher	Burpee broad jump 3x10, technique focus (separate from the rounds above). Grip: 2x30s dead hang.	
Cooldown	2-3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

WEEK 3 Volume building, threshold introduced

Day 1	Aerobic Threshold + Strength	RPE 5-6
Warm-up	8-10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Run	6km @ Aerobic Threshold.	
Strength	Back squat 4x8 @ RPE 7.	
Finisher	Core: 3x30s hollow hold.	
Cooldown	2-3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 2	Compromised Running	RPE 7-8
Warm-up	8-10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	5 rounds: 400m run @ Lactate Threshold + Row 300m @ Zone 2 watts. Rest 75s between rounds.	
Finisher	Grip: 3x35s dead hang.	
Cooldown	2-3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 3	Strength + Sled	RPE 6-7
Warm-up	8-10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Strength	Bench press 4x8.	
Hyrox Workout	Sled push/pull 6x20m @ 60% division race weight.	
Finisher	Core: 3x35s plank.	
Cooldown	2-3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 4	Race Brick (3 stations)	RPE 7–8
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	3 rounds: 600m run @ Aerobic Threshold + Row 500m @ Zone 2 watts + 15 wall balls. Rest 90s between rounds.	
Finisher	Farmer carry 3x40m.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

WEEK 4 Approaching first race-order pass

Day 1	Aerobic Threshold + Strength	RPE 5–6
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Run	7km @ Aerobic Threshold.	
Strength	Deadlift 4x6 @ RPE 7–8.	
Finisher	Core: 3x35s hollow hold. 4x20s relaxed strides after the run.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 2	Compromised Running	RPE 7–8
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	6 rounds: 400m run @ Lactate Threshold + Ski Erg 350m @ Zone 2 watts. Rest 75s between rounds.	
Finisher	Grip: 3x40s dead hang.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 3	Strength + Sled	RPE 6–7
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Strength	Split squat 4x8/leg. Bent-over row 4x8.	
Hyrox Workout	Sled push/pull 5x25m @ 65% division race weight.	
Finisher	Core: 3x40s plank.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 4	Race Brick (4 stations, first race-order pass)	RPE 7–8
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	2 rounds: 800m run > Ski Erg 500m @ Zone 2 > sled push 20m @ 65% > 20 wall balls, 3 min rest between rounds.	
Finisher	Sandbag lunges 60m, light load.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

WEEK 5 Peak base-phase volume before deload

Day 1	Aerobic Threshold + Strength	RPE 5–6
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Run	7km @ Aerobic Threshold.	
Strength	Trap bar deadlift 4x6 @ RPE 7.	
Finisher	Core: 3x40s hollow hold. 4x20s relaxed strides.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 2	Compromised Running	RPE 7–8
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	6 rounds: 500m run @ Lactate Threshold + Ski Erg 400m @ Zone 2 watts. Rest 75s between rounds.	
Finisher	Grip: 3x40s dead hang.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 3	Strength + Sled	RPE 6–7
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Strength	Back squat 4x8.	
Hyrox Workout	Sled push/pull 5x25m @ 65% division race weight.	
Finisher	Core: 3x40s plank.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

PHASE 2 – WEEK 6

The Deload Week

Volume drops by roughly 40% across the board. This is not a rest week from training, it is a week that lets four weeks of base work actually turn into fitness. Retest here to recalibrate every zone for the build phase.

WEEK 6			Planned recovery, retest benchmarks
Day 1	Easy Aerobic + Retest		RPE 4–5
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.		
Run	3km easy, well below Aerobic Threshold.		
Finisher	Retest: 1km run time trial, compare to Week 1.		
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).		
Day 2	Light Compromised Running		RPE 6–7
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.		
Hyrox Workout	3 rounds: 400m run @ Aerobic Threshold + 10 burpee broad jumps. Rest 2 min between rounds — longer recovery, lower density than Week 5.		
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).		
Day 3	Light Strength + Sled Technique Only		RPE 5–6
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.		
Strength	Squat 3x8 @ RPE 6.		
Hyrox Workout	Sled push/pull 4x15m @ 50% division race weight, technique only, no load progression this week.		
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).		

PHASE 3 – WEEKS 7–8

The Build Phase

Sled load and running intensity both step up. Week 8 introduces a full single pass through all eight stations for the first time, at a controlled RPE 8, specifically to bank the transition and pacing skills before the one true simulation in week 9.

WEEK 7 Sled and threshold intensity rise		
Day 1	Aerobic Threshold + Strength	RPE 5–6
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Run	6km @ Aerobic Threshold (reset pace off Week 6 retest).	
Strength	Trap bar deadlift 4x6 @ RPE 8.	
Finisher	Core: 3x40s hollow hold.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	
Day 2	Compromised Running	RPE 7–8
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	6 rounds: 500m run @ Lactate Threshold + Ski Erg 400m @ Zone 3 watts. Rest 75s between rounds, alternate Ski Erg and Row each round.	
Finisher	Grip: 3x45s dead hang.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	
Day 3	Strength + Sled	RPE 7–8
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Strength	Back squat 4x6, bench press 4x6.	
Hyrox Workout	Sled push/pull 5x25m @ 70% division race weight.	
Finisher	Core: 3x40s plank.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 4	Race Brick (5 stations, race order)	RPE 8
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	2 rounds: 1km run @ Race Pace > Ski Erg 500m @ Zone 3 > sled push 25m @ 70% > sled pull 25m @ 70% > 20 wall balls, 3 min rest between rounds.	
Finisher	Farmer carry 3x50m.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

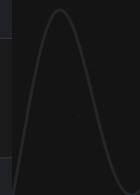
WEEK 8 Full race-order pass, controlled

Day 1	Aerobic Threshold + Strength	RPE 5–6
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Run	7km @ Aerobic Threshold.	
Strength	Split squat 4x6/leg.	
Finisher	Core: 3x45s hollow hold. 4x20s relaxed strides.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 2	Compromised Running	RPE 7–8
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	5 rounds: 600m run @ Lactate Threshold + 12 burpee broad jumps. Rest 90s between rounds.	
Finisher	Grip: 3x45s dead hang.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 3	Strength + Sled	RPE 8
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Strength	Deadlift 4x5 @ RPE 8–9.	
Hyrox Workout	Sled push/pull 5x25m @ 80% division race weight.	
Finisher	Core: 3x45s plank.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 4	Full Race Brick, all 8 stations, single pass, controlled	RPE 8
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	1km run > Ski Erg 500m @ Zone 3 > sled push 25m @ 80% > sled pull 25m @ 80% > burpee broad jump 20m > row 500m @ Zone 3 > sandbag lunges 50m > 25 wall balls. One controlled pass, minimal rest, RPE 8, not maximal.	
Finisher	Practice transitions deliberately.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	



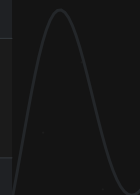
PHASE 4 – WEEK 9

The Peak Week

This week contains the only near-maximal, full-distance simulation in the entire program. Everything before this week has been building toward being able to execute this one well. Everything after it is taper.

WEEK 9		The one simulation in this plan
Day 1	Easy Aerobic	RPE 4–5
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Run	4km easy + mobility. Nothing hard.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	
Day 2	Pre-fatigue + Run Quality	RPE 8–9
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	6 x 90s run @ Zone 4 / VO2max pace, 90s rest between reps.	
Finisher	15 wall balls, easy.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	
Day 3	Light Strength, Sled @ Race Weight (short exposure)	RPE 7
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Strength	Squat 3x5 @ RPE 7.	
Hyrox Workout	Sled push/pull 3x25m @ 95–100% division race weight, short exposure only, not to failure.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	

Day 4	PEAK SIMULATION — all 8 stations, race order, full runs	RPE 9–10, ONE TIME ONLY
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	1km run > Ski Erg 1000m > 1km run > sled push 25m @ race weight > 1km run > sled pull 25m @ race weight > 1km run > burpee broad jump 40m > 1km run > row 1000m > 1km run > farmer carry 100m > 1km run > sandbag lunges 50m > 1km run > wall balls 75–100 reps.	
Effort	~85–90% intent, pacing discipline and clean transitions over a maximal test. Compare splits to Week 1 benchmarks. This is the only session like this in the entire ten weeks, do not repeat it before race day.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	



PHASE 5 – WEEK 10

The Taper Week

Nothing done this week makes you fitter. It can only take away from your freshness on race day. This week does not contain a simulation, a heavy sled session, or a max-effort anything, by design.

WEEK 10 Arrive fresh, not fitter		
Day 1	Easy Shakeout	RPE 4
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Run	3km easy @ Aerobic Threshold, mobility, no lifting.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	
Day 2	Short Sharpening	RPE 7
Warm-up	8–10 min mobility (Standard Warm-Up, p.8) + progressive 1km run, building from easy jog to session pace.	
Hyrox Workout	4 x 400m @ Race Pace, full recovery between reps.	
Finisher	15 wall balls.	
Cooldown	2–3 min in recovery posture with controlled breathing, working heart rate back toward resting (see Terminology, p.5).	
Day 3	Rest or Light Mobility	RPE 2–3
Session	Full rest, or 15–20 min gentle mobility only. No loaded work.	
Day 4	Movement Prep Only, 2–3 days before race	RPE 3–4
Session	10 min easy movement through all 8 stations at very light load, zero fatigue induced. Full rest 1–2 days before race day.	

BEFORE RACE DAY

Final Notes

If your race falls outside this 10-week window, repeat weeks 7 and 8 as an additional build block before returning to week 9. Do not repeat week 9's simulation more than once in a training cycle. A full or near-full effort simulation is a high-cost session that belongs roughly 8–9 days before your actual race, not as a recurring weekly test — used more often than that, it builds fatigue tolerance instead of fitness.

Every number in this plan started as a guess until you tested it in Week 1. Trust what your own watts, splits, and sled times tell you over any fixed number on a page, including this one.

Mechanism over marketing.