16-Week HYROX Training Plan: Phases, Standards and Adjustmer

Printable week-by-week summary (not a day-by-day calendar).

Plan page: https://26weeks.ai/blog/training/hyrox/16-week-plan
Race date: (not set)

Week-by-week

Use this as a high-level map. Keep easy days easy, protect the long run, and avoid panic make-up workouts.

Week 1 — Base
Weekly load: 228–332 min
Focus: Build engine + movement quality; learn stations.
Long: Run base session + technique stations (controlled)
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 2 — Base
Weekly load: 236–344 min
Focus: Build engine + movement quality; learn stations.
Long: Run base session + technique stations (controlled)
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 3 — Base
Weekly load: 244–356 min
Focus: Build engine + movement quality; learn stations.
Long: Run base session + technique stations (controlled)
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 4 — Base
Weekly load: 195.2–284.8 min
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: Run base session + technique stations (controlled)
Key: 1K repeats + station practice
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 5 — Build
Weekly load: 260–380 min
Focus: Progress stations under fatigue; keep run quality controlled.
Long: Longer mixed session: run intervals + stations
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 6 — Build
Weekly load: 268–392 min
Focus: Progress stations under fatigue; keep run quality controlled.
Long: Longer mixed session: run intervals + stations
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 7 — Build
Weekly load: 276–404 min
Focus: Progress stations under fatigue; keep run quality controlled.
Long: Longer mixed session: run intervals + stations
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 8 — Build
Weekly load: 220.8–323.2 min
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: Longer mixed session: run intervals + stations
Key: 1K repeats + station practice
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 9 — Build
Weekly load: 292–428 min
Focus: Progress stations under fatigue; keep run quality controlled.
Long: Longer mixed session: run intervals + stations
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 10 — Build
Weekly load: 300–440 min
Focus: Progress stations under fatigue; keep run quality controlled.
Long: Longer mixed session: run intervals + stations
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 11 — Peak
Weekly load: 308–452 min
Focus: Race-simulation blocks (scaled) + transition discipline.
Long: Scaled race-sim: 2–4 rounds (not maximal)
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 12 — Peak
Weekly load: 246.4–361.6 min
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: Scaled race-sim: 2–4 rounds (not maximal)
Key: 1K repeats + station practice
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 13 — Peak
Weekly load: 324–476 min
Focus: Race-simulation blocks (scaled) + transition discipline.
Long: Scaled race-sim: 2–4 rounds (not maximal)
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 14 — Peak
Weekly load: 332–488 min
Focus: Race-simulation blocks (scaled) + transition discipline.
Long: Scaled race-sim: 2–4 rounds (not maximal)
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 15 — Taper
Weekly load: 249–366 min
Focus: Reduce load; keep rhythm; sharpen execution.
Long: Short mixed session + mobility
Key: 1K repeats + station practice
Key: Strength + sled technique

Week 16 — Taper
Weekly load: 166–244 min
Focus: Race week: arrive rested. Any load range covers pre-race training only, excluding the race.
Long: The race replaces the full simulation. Keep other sessions short; use familiar station technique without fatiguing loads.
Key: Brief familiar running and station rehearsal; finish before fatigue builds
Key: Rest and race logistics; avoid heavy strength work or a full simulation

Generated by 26weeks.ai. Always adjust for health, sleep, and life constraints.