

HYROX

12 week training plan

MACMILLAN
CANCER SUPPORT

A registered charity

In partnership with HYROX Ambassador RJ Coaching

Your 12 week HYROX training plan

Created in partnership with HYROX Ambassador RJ Coaching, this training plan is designed to help you improve your aerobic volume, develop your strength and grip endurance, and master your station transitions.

Get race-day ready with 5 training days a week, including 1 Simulation day, and 2 active recovery or rest days.

Make this plan work for you - listen to your body, adjust intensity as needed, and shift sessions to suit your schedule.

Let's get ready to HYROX!



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Warm-ups

Warming up helps to prevent injury and improve performance. Pick a warm-up for every session from the list below.

Running warm up

- 5 min run, drills: high knees, butt kicks, A-skips, 3 × 20s strides

General warm ups

- 3 min light row, 2 rounds: 10 wall balls (light), 8 glute bridges, 6 reverse lunges per leg
- 3 min SkiErg, 2 rounds: 10 band pull-aparts, 8 dumbbell floor press, 6 ring rows
- 2 min row, 2 rounds: 8 walking lunges, 10 wall balls (light), 8 kettlebell swings
- 3 rounds: Cossack squats, band pull-aparts, kettlebell RDLs, scapula push-ups
- 10 min ERG and dynamic prep
- Banded glute bridges, walking lunges, thoracic opener
- 2 min of: air squats, band pull-aparts, jump rope
- 3 rounds: jump rope, scapula push-ups, kettlebell Romanian deadlifts

Week 1 Laying Foundations - Base Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	4x6 trap bar deadlift (moderate) 4x max reps pull-ups or ring rows 3x8/leg DB Bulgarian split squat 3x10 dumbbell floor press 3x40m farmers carry (heavy) 3x12 hanging knee raises	45–50 min steady Zone 2 run Final 10 min: 6x20s strides	4 rounds: 200m farmers carry 15 kettlebell swings 12 dumbbell squats 8 dumbbell push press 250m row or ski-erg	Rest or 20 min light ski-erg or jog 30–40 min full-body mobility flow Optional core: 3 rounds plank, bird-dogs, hollow rocks	3 rounds (for time): 500m row 20 wall balls 15 kettlebell deadlifts 20m walking lunges 200m run Rest 90s between rounds	6x1 station x 10 mins: 500m run 300m ski-erg 12.5m sled push 12.5m sled pull 10 burpee broad jumps 100m farmers carry 30 wall balls	Rest or 45–60 min Zone 2 run or Light cycle or walk & mobility
Cooldown	Stretch & foam roll	Walk & stretch	Hanging holds & mobility	Foam roll	Stretch & foam roll	Mobility & foam roll	Mobility

Week 2 Build & Breathe - Base Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	4x5 deadlift (moderate-heavy) 3x10/leg dumbbell reverse lunge 4x8 dumbbell push press 2x100m front rack carry (moderate) 2x100m farmers carry (heavy)	3 rounds: 12 min steady run (Zone 2 upper end) 2 min brisk walk Final 10 min: progressive pick-up every 2 min	4 rounds: 10 dumbbell snatch (each arm), 8 burpee broad jumps 200m farmers carry (moderate-heavy) 15 wall balls 300m Ski	Rest or 20 min light bike Mobility: downward dog, lizard pose, pigeon pose, banded hamstring Optional core: 3x30 plank w reach 3x10 hanging knee raise 3x10 side plank dips	5 rounds (for quality): 12 kettlebell swings (heavy) 10 goblet squats 8 dumbbell push-press 6 wall walks 200m run Rest 60-90s between rounds	6 x 9 mins: 400m run 400m row 15m sled push 20 wall balls 12 dumbbell snatches 10 burpee broad jumps 100m farmers carry	Rest or 60 min Zone 2 run or 30 min cycle
Cooldown	Calf & hamstring stretch, deep squat hold	Walk & stretch	Hanging stretch, t-spine rotations, wrist rolls	Foam roll	Walk & stretch	Stretch & foam roll	Mobility & soft-tissue routine

Week 3 Power & Flow - Base Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	4x6 front squat (moderate-heavy) 4 max reps pullups or ring rows 3x10 dumbbell step-up 3x10 dumbbell push press 3x25 wallballs (tempo focused)	50 minute Zone 2 easy run (steady breath) in final 10 min include 5x30s strides at race pace	4 rounds: 10 box jump overs 8 burpee broad jumps 250m row 15 kettlebells (moderate) 100m farmers carry (heavy) Rest 2 minutes between rounds	Rest or 20 min ski-erg Mobility: lizard twist, hamstring floss w band, t-spine opener Optional core: 3x 20s hollow holds 20 Russian twists 10 side planks & leg lifts	3 rounds (for time): 400m run 12 dumbbell thrusters 10 burpee broad jumps 200m row, 20 wall balls Rest 2 mins between rounds	4 rounds (for time): 1000m row 20 kettlebell swings 12.5m sled push (heavy), 20 wall balls, 400m run Rest 2 minutes between rounds	Rest or 60 minute slow jog or mobility and walking recovery session
Cooldown	Hip flexor & couch stretch	Walk & stretch	Foam roll	Foam roll	Foam roll	Full-body stretch	Optional sauna or ice exposure

Week 4 Threshold & Grip Resilience - Base Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	4x5 trap bar deadlift (build to heavy) 4x max reps chin-ups or TRX rows 3x12 dumbbell incline press 3x20m goblet walking lunge 3x15m sled push (moderate)	3x8 min at tempo pace (just below threshold) 2 min walk or jog recovery between efforts finish with 4x20s strides	5 rounds (for time): 250m ski-erg 10 dumbbell push presses (moderate) 10 burpee broad jumps 100m farmers carry 25 wall balls	Rest or 20 min light ski-erg Deep mobility flow Optional core (x3): 20x plank shoulder taps 10x banded dead bugs 30s wall sit hold	4 rounds: 500m row 15 wall balls 10 kettlebell swings 10 dumbbell snatch (5 each arm) 200m run Rest 90s between rounds	x6 x8 mins (for time): 400m run 10 burpee broad jumps 12.5m sled push (heavy) 20 wall balls 300m ski-erg or row	Rest or 60 min easy jog or 60 min trail run
Cooldown	T-spine opener & quad stretch	Walk & stretch	Mobility & foam roll	Foam roll	Hanging stretch, t-spine rotations, wrist rolls	Mobility & foam roll	Optional sauna, massage, or mobility circuit

Week 5 Running Power & Station Volume - Pace Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	4x5 deadlift (heavy), 3x12/leg dumbbell walking lunge 4x10 dumbbell push press 3x30 wall balls (rest 60s) 3x max time hanging hold	5x1000m at threshold pace (rpe 8) 2 min walk between reps finish with 4x20s strides	5 rounds: 1 min row 12.5m sled push (heavy) 10 dumbbell snatch (each arm) 10 burpee broad jumps Rest 90s	Rest or 20 min light bike or jog Mobility flow for hips, t-spine & ankles Optional core: 10x side side plank w leg raise 10x side banded dead-bugs 1 min hollow hold	3 rounds (for time): 400m run 12 burpee broad jumps 15 kettlebell swings 500m ski-erg, Rest 2 mins	x 9 min x 5 rounds: 500m run 500m row 30 wall balls 100m farmers carry 20 burpees 15m sled push	Rest or 45-60 min Zone 2 run
Cooldown	Hip flexor, forearm, & lat stretches	Walk & stretch	Mobility & foam roll	Foam roll	Hip-flexor stretch, lizard twist, deep squat hold	Mobility & foam roll	Optional sauna or ice exposure

Week 6 Control & Fatigue - Pace Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	3x6 trap bar deadlift 4x max reps pullups 3x12 dumbbell floor press 2x100m heavy farmers carry 2x20m moderate sled push	3x10 min run at 90% threshold 2 min jog rest between sets	6 rounds (for time): 200m row 12 burpees over rower 12 wall balls Rest 90s between rounds	Rest or 30 min light jog or ski-erg Mobility: focus on ankles, hips & spine Optional core: 30s side plank & reach 10 v-ups 10 hanging knee raises	4 rounds: 20 kettlebell swings 15 goblet squats 10 dumbbell push press 300m ski 400m run Rest 90s	4 rounds for time: 800m run 15m sled push 15m sled pull 20 wall balls 250m row	Rest or 45-60 min Zone 2 jog or 30 min cross-trainer
Cooldown	Calf, hip, & trap stretches	10 minute easy jog	Mobility & foam roll	Foam roll	Hanging stretch, t-spine rotations, wrist rolls	Mobility & foam roll	Foam roll & band work

Week 7

Grip Flow & Tempo Running - Pace Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	4x6 front squat 3x20m dumbbell walking lunge 4x10 dumbbell push press 3x35 unbroken wall balls	40 minute Zone 2 run 3x5 min tempo pick-ups (RPE 7.5)	5 rounds: 200m farmers carry 15 burpee broad jumps 300m row 20 kettlebell swings 20 wall balls	Rest or 20 min light cycle or walk Optional core: 10x weighted dead-bugs 8x plank to push-up 30s glute bridge hold	3 rounds: 400m run, 20 wall balls 15 burpee broad jumps 200m ski-erg 10 dumbbell snatch (each arm)	For time: 1000m row 20 wall balls 15m sled push 100m farmers carry 10 burpees, 500m run 15m sled pull 300m ski-erg	Rest or 60 min trail jog or 60 min bike ride
Cooldown	Banded quads & hamstrings	Cooldown jog	Hanging holds & mobility	Foam roll	Hip-flexor stretch, lizard twist, deep squat hold	Foam roll & mobility	Optional sauna and/or contrast shower

Week 8 Fatigue Management & Threshold Sharpness - Pace Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	4x4 deadlift (heavy) 3x10/leg dumbbell lunges 4x25 wall balls (short rest) 3x15m sled push (heavy)	3x12 min run at tempo pace 2 min jog between sets	6 rounds: 10 burpees 10 wall balls 200m run 12 kettlebell swings 1.5 min rest	Rest or 30 minute light bike Optional core: Hollow hold Side dips	20 min EMOM (rotate): 10 dumbbell snatch (alternating) 10 burpees 10 wall balls 1 min ski	5 rounds: 500m run 20 wall balls 15m sled push 10 burpees 250m row Rest 90s between rounds	Rest or 45-60 min recovery run
Cooldown	Quad, hip flexor & forearm stretches	Cooldown jog	Mobility & foam roll	Full-body foam roll	Hanging hold & stretch	Hip-flexor stretch, t-spine rotations, wrist rolls	Foam rolling & optional sauna

Week 9 Run Speed & Station Efficiency - Accelerate Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	4x4 trap bar deadlift (heavy) 4x max reps pullups 3x10 dumbbell push press 3x100m heavy farmers carry	6x400m fast (faster than race pace) 90s walk/jog rest between reps 4x20s strides	4 rounds: 2 min ski 10 dumbbell snatch (each arm) 10 burpee broad jumps, 200m run 2 min rest	Rest or 30 min light cycle Mobility: pigeon pose, couch stretch, wall pec opener Optional core: 10x leg lift 10x hanging leg raise 10x weighted dead-bug	5 rounds for time: 400m run 20 wall balls 12 burpees 10 dumbbell push press 300m row	4 rounds: 1000m run 30 wall balls 15m sled push 20 burpee broad jumps 250m ski 100m farmers carry	Rest or 60 min easy run
Cooldown	Hip flexor openers & shoulder & lat foam roll	Cooldown jog	Mobility & foam roll	Foam roll	Hip-flexor stretch, lizard twist, deep squat hold	Mobility & foam roll	Soft tissue massage & optional sauna or cold exposure

Week 10

Power & Fatigue Repeatability - Accelerate Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	4x5 front squat 3x12 dumbbell lunges 3x8/arm dumbbell snatch 3x15m sled push (heavy)	10x200m at 95–100% race pace 60s walk between 4x strides	3 rounds: 750m row 400m run 20 wall balls 10 burpees 2 min rest Repeat for consistency	Rest or 20 min light jog Mobility: spinal flow, hamstring glide, couch stretch. Optional core: 20 hollow rocks 10 v-ups 30s plank with reach	4 rounds: 500m run 20 wall balls 200m ski-erg 10 dumbbell snatch 100m carry	(For time): 1000m row 30 wall balls 100m farmers carry 20 burpees 750m run 20 kettlebell swings 15m sled push	Rest or 60 min Zone 2 jog
Cooldown	Adductors & hamstring bandwork	Cooldown jog	Mobility & foam roll	Foam roll	Calf & hamstring stretch, deep squat hold	Mobility & foam roll	Optional massage or sauna

Week 11

Race Preparation & Confidence - Prime Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	3x5 deadlift (moderate) 2x10 dumbbell lunges 2x15 wall balls 2x100m carry	4x800m run at race pace 2 min rest 4x15s strides	3 rounds (light to moderate effort): 500m row 12 dumbbell snatch 15 wall balls 100m carry	Rest or 20 min jog or cycle Optional core (x2): 30s plank 10x leg raises 20s superman hold	2 rounds: 500m run 15 wall balls 10 burpees Keep flow & rhythm	Rest or 20-30 min shake-out jog	Rest or light jog
Cooldown	Adductors & hamstring bandwork	Cooldown jog	Hip-flexor stretch, lizard twist, deep squat hold	Full-body mobility	Stretch & foam roll	Mobility flow	Optional sauna

Week 12

Taper & Execution - Race Phase

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Workout	3 rounds (light intensity): 400m run 100 wall-balls 5 burpees	20 min cycle or ski-erg	2 rounds (smooth & controlled): 500m row 10 burpees 15 wall balls	Rest or 15-20 min jog	Rest or Light walk Hydrate Prepare race-day gear	Race day (adjust where needed) ✓ control & confidence ✓ dialled-in nutrition ✓ composed transitions	Rest Eat, sleep, celebrate!
Cooldown	Stretch & foam roll	Hip & spine mobility flow	Hip flexor openers & shoulder & lat foam roll	Foam roll	Gentle mobility	Full-body stretch	



You've got this!



Registered with
**FUNDRAISING
REGULATOR**

Macmillan Cancer Support, registered charity in England and Wales (261017),
Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

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