



HYROX 8 Week Running Program

The goal of this program is to give you an outline on the type of training you can do to prepare for HYROX, and is only a guide. You should adjust to suit your fitness level and consult a professional before undergoing any type of training routine

Types of Training

We'll be using mostly using 2 types of training in the program:
Zone 2 Training, and Threshold Training.

Zone 2 Training is where we run for extended periods of time, if you have a heart rate monitor, it will be able to recommend a heart rate range based on your fitness level, but if you don't you can find it by first finding your maximum heart rate (220 minus your age), then finding your zone 2 range, 60-70% of that. Eg as a 30 year old, your Maximum Heart Rate will be 190, 60% of that being 204bpm. Zone 2 shouldn't feel too strenuous, you should be able to talk while you run.

Threshold Training is to help us improve our lactic threshold, being the point at which our body can no longer handle the lactic acid build up, or simply put, when your legs burn real bad.

To do this we need to find our threshold limit.

To do this, run at your fastest sustainable pace for 30 mins, then find your average pace (30 mins / distance run).

This is your threshold pace, when threshold training, we're going to be aiming to run at just below that pace.

Eg. 5kms run in 30 mins = 6min/km threshold pace

So, now that we know that, let's get into the program

Weeks 1 + 2	
Monday	60min Zone 2 Run
Tuesday	Threshold Intervals, 10 rounds of 3 mins at just below your threshold pace, 30 sec Rest for each
Wednesday	Active recovery run, walk, or rest
Thursday	Threshold Intervals, 10 rounds of 3 mins at just below your threshold pace, 30 sec rest for each
Friday	Rest and/or Mobility work
Saturday	Hill Running (small incline of 4-6%) 4kms or roughly half of your max distance
Sunday	Rest

Weeks 3 + 4	
Monday	60-70min Zone 2 Run
Tuesday	Threshold Intervals, 8x 4mins, 50sec Rest between each.
Wednesday	Active recovery run, walk, or rest
Thursday	Threshold Intervals, 8x 4mins, 50sec Rest between each.
Friday	Rest and/or Mobility work
Saturday	Hill Running (small incline of 4-6%) 4kms or roughly half of your max distance
Sunday	Rest
Weeks 5 + 6	
Monday	70-80 min Zone 2 Run
Tuesday	Threshold Intervals, 6x 5mins, 1min Rest between each.
Wednesday	Active recovery run, walk, or rest
Thursday	Threshold Intervals, 6x 5mins, 1min Rest between each.
Friday	Rest and/or Mobility work
Saturday	Hill Running (small incline of 4-6%) 4kms or roughly half of your max distance
Sunday	Rest
Weeks 7 + 8	
Monday	80-90 min Zone 2 Run
Tuesday	Threshold Intervals, 5x 6mins, 1min15sec Rest between each.
Wednesday	Active recovery run, walk, or rest
Thursday	Threshold Intervals, 5x 6mins, 1min15sec Rest between each.
Friday	Rest and/or Mobility work
Saturday	Hill Running (small incline of 4-6%) 4kms or roughly half of your max distance
Sunday	Rest

As always, remember to listen to your body and work within your own fitness level. If you have an event coming up, use the last week as a taper, keeping to shorter active recovery style runs.

Presented by The Compound Training, if you want to join a community of fitness racers come visit us at The Compound

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