

Beginner HYROX Workout Plan

This beginner HYROX workout plan focuses on building a foundation of endurance and basic strength to prepare for future progression.

Day	Focus	Duration
Monday	Easy jog + core work	45 min
Tuesday	Full-body strength basics	60 min
Wednesday	Rowing + sled push practice	45 min
Thursday	Mobility & stretching	30 min
Friday	Interval running (400–800m repeats)	45 min
Saturday	Bodyweight circuit (burpees, lunges, wall balls)	60 min
Sunday	Rest	—