



EVOLVED & BALANCED

HYROX PREP TRAINING PROGRAM

Personalized for Everybody

Designed by DR. Eyad Bassem

This 8-week program is built around one goal – the AlphaX race course. Every session directly targets the 10 stations you'll face on competition day, structured across 5 training days: 3 Hyrox-focused days, 2 strength days, and a weekly race simulation. The program follows a simple arc to build, peak, then taper → so you arrive at the start line in conditioned, confident, and ready to perform.



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Program overview

Week 1-2	Foundation
Week 3-4	Build
Week 5-7	Peak
Week 8	Race prep

AlphaX race course

No.	Station	Distance / Reps	Run before
1	Row	800m	800m
2	Sled push	50m	800m
3	Burpee broad jump	50m	800m
4	Farmer's carry	200m	800m
5	Sandbag lunges	80m	800m
6	SkiERG	800m	800m
7	Sled pull	50m	800m
8	Box get over	40 reps	800m
9	Bear hug walk	200m	800m
10	Wall ball	80 reps	800m

Training days: 5 training days per week

3 HYROX-focused days (Skill session, Conditioning, Simulation) +
2 Strength days (Push & Pull)

Rest days: 2 rest/recovery days per week

4-Week progression guide:

- Week 1: Moderate load — focus on learning movement patterns and building a base
- Week 2: Increase reps, distance, or weight slightly — begin pushing capacity
- Week 3: Faster transitions and reduced rest — raise intensity while maintaining form
- Week 4: Heavier KBs/DBs, longer distances, and higher reps — peak week

Warm-up:

Start each session with 5–10 minutes of light cardio (cycling or easy row/jog as indicated) to raise heart rate and increase blood flow.

Dynamic warm-up:

Never skip. Perform 1 set × 12 reps of each mobility exercise listed before every session to maintain joint health, improve range of motion, and prepare the body for training.

Selecting the right weight:

Choose a load that is challenging yet allows you to complete all reps with proper control and technique.

HYROX skill & conditioning sessions:

Perform each exercise for the prescribed sets, reps/distance, and rest as listed. Focus on pacing targets (per 500 m or per km) and maintain consistent effort across all sets.

HYROX conditioning format :

Exercises are paired with running intervals (supersets). Complete the station exercise, then immediately transition into the run at the target pace before resting.

HYROX simulation days:

Perform each station back-to-back with a 400 m run before every exercise, mimicking race-day conditions. There is no rest between stations — keep moving. This builds race-specific endurance and mental toughness.

Strength days (Push & Pull):

Perform exercises in straight sets with the prescribed tempo (eccentric : pause : concentric : pause). Complete all sets of one exercise before moving to the next.

Cardio-respiratory training:

Perform 7 rounds of the following interval protocol on the Air Runner:

- 30 seconds — All-out max effort sprint
- 90 seconds — Low-pace active recovery

Tempo notation:

Tempo is written as 4 digits (e.g., 3:0:1:0). The first number is the lowering phase (eccentric), the second is the pause at the bottom, the third is the lifting phase (concentric), and the fourth is the pause at the top. A dash (-) means no specific tempo is assigned.

Rest time (Strength days):

Rest 60–90 seconds between sets unless otherwise noted.

Static cooldown

Perform all listed stretches at the end of every session. Hold each stretch for 20–40 seconds to restore heart rate to resting level and improve range of motion.

Race strategy

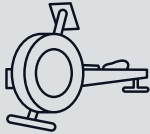
Pacing	Start conservative on the first 2 runs. Blowing up in the first 3 km ends your race. Trust your W5&6 simulation splits.
Row / SkiERG	Don't sprint – aim for your practiced pace. A 5 sec/500m drop here costs you 40 seconds. Stay in range.
Sled	Grip the handles low, drive from the quads and glutes. Short powerful steps. Don't pause once moving.
Burpee broad jump	Rhythm over speed. Find a breathing cadence – in on the way down, out on the jump.
Sandbag lunges	Alternate legs strictly. Stay tall. If grip fails, squeeze the bag harder before putting it down.
Box get over	Don't overthink. Step if your HR is maxed. Jump if you feel strong. Keep moving at all times.
Bear hug walk	Hug as high and tight as possible. Short shuffles. Breathe into your sides – not chest.
Wall ball	Break into sets of 20 from the start. Don't go unbroken and blow up at 60. Control = consistency.
Finish line	The last 800m run is what separates finishers. Everything you've trained for is in those final metres.

Week 1 - Day 1 - HYROX skill session

★ Keep pace conversational. Focus on station technique.

DYNAMIC WARM-UP ROUTINE

1 set X 12 reps



Exercise	Sets	Reps/Dist	Rest	Notes
Easy row (<i>pace building</i>)	1	5 min	-	2:10-2:20 per 500 m.
Rower	3	800 m.	2 min	2:00-2:05 per 500 m.
SkiErg	3	500 m.	90 s	2:00-2:05 per 500 m.
Sled push	4	50 m.	2 min	Load: 60 kg
Sled pull	4	50 m.	2 min	Load: 50 kg
Farmer's carry	4	50 m.	90 s	30 kg/hand
Run	1	500 m.	-	Low pace

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STATIC COOLDOWN ROUTINE

1 set X 20-40 sec

Week 1 - Day 2 - Push strength

DYNAMIC WARM-UP ROUTINE

1 set X 12 reps



Exercise	Sets	Reps	Tempo	Load
Warm-up BB bench press	2	5-10	-	
BB bench press	3	10-12	3:1:1:0	
Incline DB chest fly	3	12-15	3:1:2:1	



Exercise	Sets	Reps	Tempo	Load
Seated DB shoulder press	3	10-12	3:0:1:1	
DB lateral raise	3	12-15	3:0:2:2	



Exercise	Sets	Reps	Tempo	Load
Rope triceps pushdown	3	12-15	2:0:1:2	
Single-arm cable triceps extension	3	12-15	3:1:1:0	

CARDIO-RESPIRATORY TRAINING

14 MIN -- HIIT TRAINING --- AIR RUNNER

STATIC COOLDOWN ROUTINE

1 set X 20-40 sec

Week 1 - Day 3 - HYROX conditioning

★ Circuit style — run 400m between every station. RPE 7.

DYNAMIC WARM-UP ROUTINE

1 set X 12 reps



Exercise	Sets	Reps/Dist	Rest	Notes
Easy jog (<i>pace building</i>)	1	400 m.	-	Easy pace
Burpee broad jump	3	10 m.	90 s	-
+ superset w/ Run	3	400 m.	-	5:00/km pace
Sandbag lunges	3	20 m.	90 s	20 kg bag or KBs
+ superset w/ Run	3	400 m.	-	5:00/km pace
Box get over	3	10	90 s	Step or jump
+ superset w/ Run	3	400 m.	-	5:00/km pace
Bear hug walk	3	30 m.	2 min	30 kg bag or plate
Wall balls	3	20	90 s	9 kg ball; full squat

STATIC COOLDOWN ROUTINE

1 set X 20-40 sec

Week 1 - Day 4 - Pull strength

DYNAMIC WARM-UP ROUTINE

1 set X 12 reps



Exercise	Sets	Reps	Tempo	Load
Warm-up Lat pulldown (wide-grip)	2	5-10	-	
Lat pulldown (wide-grip)	3	12-15	2:0:1:2	
DB row + Rope cable pullover	3	12-15	2:1:1:2	



Exercise	Sets	Reps	Tempo	Load
Single-arm cable rear delt fly	3	12-15	3:0:2:2	
Rope face pull	3	12-15	2:0:2:2	



Exercise	Sets	Reps	Tempo	Load
EZ-bar preacher biceps curl	3	12-15	4:0:2:0	
DB hammer curl	3	12-15	3:0:2:1	



Exercise	Sets	Reps	Tempo	Load
Back extension (Weighted if possible)	3	10-12	-	

STATIC COOLDOWN ROUTINE

1 set X 20-40 sec

Week 1 - Day 5 - HYROX simulation (partial)

★ Record total time. This is your W1 baseline. Aim under 35 min.

DYNAMIC WARM-UP ROUTINE

1 set X 12 reps



Exercise	Reps/Dist	Run before	Notes
Row	800 m.	800 m.	2:10-2:20 per 500 m.
Sled push	50 m.	800 m.	Load: 60 Kg
Burpee broad jump	50 m.	800 m.	-
Farmer's carry	200 m.	800 m.	24 kg/hand
Sandbag lunges	80 m.	800 m.	20 kg bag or KBs

STATIC COOLDOWN ROUTINE

1 set X 20-40 sec

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Rest day / Recovery day

