

HYROX Run Pre-Season

12 Weeks · Build elite run splits · Free download

Show up race-ready — sharper intervals, stronger stations, faster run splits.

PREREQUISITE

Comfortably run 5K before starting. Repeat any week if the jump feels too big.

12 WEEKS · SPEED · RECOVERY · LONG RUNS

- + Build the engine for parkrun PBs, faster 5K, and Hyrox run splits
- + Clear weekly structure — hard days, easy days, rest
- + Listen to your body; repeat a week if you need to

How this plan works

HYROX Run Pre-Season · 12 weeks

THE AIM

Maximise race-day run splits with Speed Runs, Recovery Runs, Long Runs, and HYROX-specific workouts. Built for athletes who can already run 5K comfortably. If it progresses too fast, repeat a week before moving on.

BASIC TIPS

Recovery between workouts matters as much as the hard sessions.

Niggles: rest, ice; see someone before it becomes a longer injury.

Rotate footwear — two pairs can reduce injury risk and last longer.

RUNNING DRILLS

Add drills on interval / speed days to sharpen form, speed, and power.

- High Knee Skips, Butt Kickers, Ankle Drill
- Skipping, High Knee Running
- Foreleg Extension Marching, Straight Leg Running
- High Knee Bounce Skips, Ankle Bounce, Bounding

WEEKLY STRUCTURE

Speed Runs and Long Runs drive fitness. Two Recovery Runs and two Rest Days break up hard efforts — avoid Speed on back-to-back days.

- SPEED — intervals, tempo, fartlek, hills: short & long efforts that make you faster
- LONG — progressive, comfortable endurance; race-day stamina
- RECOVERY — easy effort; quality recovery after hard days
- HYROX WORKOUT / SIM — stations + running under fatigue
- REST — full off, easy mobility, or very easy kms if you feel good

TOOLS (OPTIONAL)

A GPS watch or Strava helps track pace and consistency. Not required — effort and feel matter more than gadgets. No shopping list needed.

Pace & run types

Use effort first · Paces are a guide, not a prison

HOW TO USE PACE TARGETS

Treat each pace as the middle of a range. Weather, sleep, stress, and terrain all move the numbers. When in doubt, focus on effort.

Find a starting row from a recent 5K/10K/half, a few easy Strava runs (that average $\approx$ Recovery pace), or an honest guess from current fitness.

Good days and bad days happen. Finish the work — fitness and faster paces follow.

PROGRESSION RUN

Start slower than Recovery, finish a touch faster; average $\approx$ Recovery. Use on Long & Recovery days.

INTERVALS

Repeats of hard running with recovery. Track is ideal; any free path works.

FARTLEK

“Speed play” — alternate easy/hard in a continuous run (time, distance, or landmarks).

HILLS

Use effort not pace. Light lean, controlled breathing — speed & strength with less pounding.

TEMPO

Hard but controlled. Long intervals or steady 1–10 km. Get comfortable being uncomfortable.

COACH YOURSELF

Plans are written in pencil. Space hard days. If tired — sleep, fuel, hydrate, respect Recovery. Bad run? Learn and move on. Hurt (not just sore)? Stop. Racing? Ease off before and after.

3MK RUN FASTER

WEEK 1

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

4.0 K

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
8 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

Part A) 20 min AMRAP: 400 m Run · 15 Burpees · 20 Weighted Lunges (total) @ 2× KB/DB
5 min Rest
Part B) 20 min AMRAP: 500 m Row · 15 Wallballs · 20 Kettlebell Swings

HYROX WORKOUT

Day 5

LONG RUN

8.0 K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 2

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

4.0 K

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
10 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

400 m Run → 25 m Sled Push
600 m Run → 25 m Sled Pull
800 m Run → 50 Lunges (total)
1000 m Run → 50 cal Row
800 m Run → 30 cal Ski Erg
600 m Run → 30 Burpees
400 m Run

HYROX WORKOUT — For Time

Day 5

LONG RUN

8K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 3

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

4.0 K

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
12 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

50-40-30-20-10: Row Cals · Burpees · Ski Erg Cals · Lunges (total)
500 m run at the end of each round (5 × runs total)

HYROX WORKOUT — For Time

Day 5

LONG RUN

8K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 4

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

4.0 K

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
14 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

500 m Run → 500 m Ski Erg
500 m Run → 25 m Sled Push
500 m Run → 25 m Sled Pull
500 m Run → 40 m Burpee Broad Jumps
500 m Run → 500 m Row
500 m Run → 100 m Farmers Carry
500 m Run → 50 Lunges
500 m Run → 50 Wall Balls

HYROX SIMULATION — For Time

Day 5

LONG RUN

8K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 5

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
16 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

1600 m Run · 50 Burpee Broad Jumps
1200 m Run · 50 Weighted Lunges (total)
800 m Run · 50 Goblet Squats (KB)
400 m Run · 50 Wall Balls

HYROX WORKOUT — For Time

Day 5

LONG RUN

8K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 6

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

35:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
2 × 800m @ 10K pace — 1:00 recovery after each
2 × 400m @ 5K pace — 1:30 recovery after each
4 × 200m @ Mile pace — 2:00 recovery after each
1:00 min Best Pace

SPEED — Intervals

Day 3

RECOVERY

35:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

250 m Row · 25 m Burpee Broad Jump · 25 Sit-ups · 200 m Run

HYROX WORKOUT — 10 Rounds For Time

Day 5

LONG RUN

8K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 7

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

40:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
16 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

35:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

500 m Run → 500 m Ski Erg
500 m Run → 25 m Sled Push
500 m Run → 25 m Sled Pull
500 m Run → 40 m Burpee Broad Jumps
500 m Run → 500 m Row
500 m Run → 100 m Farmers Carry
500 m Run → 50 Lunges
500 m Run → 50 Wall Balls

HYROX SIMULATION — For Time

Day 5

LONG RUN

10K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 8

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

40:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
23:00 min Tempo Run
First 12:00 out strong & controlled
Last 11:00 back progressively faster (same distance out & back)

SPEED — Tempo Run

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

400 m Run · 20 Burpees
400 m Run · 20 Burpees · 20 Squats
400 m Run · 20 Burpees · 20 Squats · 20 Push-ups
400 m Run · 20 Burpees · 20 Squats · 20 Push-ups · 20 Lunges
400 m Run · 20 Burpees · 20 Squats · 20 Push-ups · 20 Lunges · 20 Sit-ups
Rest 3 min, then: 2000 m Run for time

HYROX WORKOUT — For Time

Day 5

LONG RUN

10K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 9

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
18 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

50:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

1 km Run → 50 Squats
1 km Run → 50 Burpees
1 km Run → 50 Push-ups
1 km Run → 50 Sit-ups
1 km Run → 50 Lunges (total)

HYROX WORKOUT — For Time

Day 5

LONG RUN

12K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 10

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

45:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
20 × 400m — 1:00 min recovery between all intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

500 m Run → 500 m Ski Erg
500 m Run → 25 m Sled Push
500 m Run → 25 m Sled Pull
500 m Run → 40 m Burpee Broad Jumps
500 m Run → 500 m Row
500 m Run → 100 m Farmers Carry
500 m Run → 50 Lunges
500 m Run → 50 Wall Balls

HYROX SIMULATION — For Time

Day 5

LONG RUN

12K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 11

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

45:00 min Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
4 × 2K @ 5K pace — 2:00 recovery between intervals

SPEED — Intervals

Day 3

RECOVERY

30:00 min Recovery Run

RECOVERY RUN

Day 4

HYROX

50 Walking Lunges (total) → 1000 m Run
50 Walking Lunges → 1000 m Run
50 Walking Lunges → 1000 m Run
50 Walking Lunges → 1000 m Run

HYROX WORKOUT — For Time

Day 5

LONG RUN

12K — Progression Run

Include 2 rest days this week. Avoid stacking Speed sessions back-to-back.

WEEK 12

HYROX Run Pre-Season · Space hard days · Use recovery & rest

Day 1

RECOVERY

5K Recovery Run

RECOVERY RUN

Day 2

SPEED

5:00 min Warm Up + Running Drills
1K @ Recovery pace
800 m @ 10K pace
600 m @ 5K pace
400 m @ Mile pace
200 m @ Best pace

SPEED — Tempo / Ladder

Day 3

RECOVERY

25:00 min Recovery Run

RECOVERY RUN

Day 4

RECOVERY

2K easy

SHAKEOUT

Day 5

RACE / TEST

8 km time trial (or race)
Feel the rhythm — breathe and relax

RACE DAY or TEST DAY

Taper feel — keep legs fresh for Race / Test Day.

3MK RUN FASTER

Race day / Test day

HYROX Run Pre-Season

WEEK 12 FINISH

Race Day or Test Day: 8 km time trial.

Trust the work from weeks 1–11. Feel the rhythm, breathe, relax.

Optional: note your split times for the next training block.

WANT THIS PERSONALISED?

3MK Run Faster coaching

Tailored run plans for parkrun PBs, Hyrox run splits, and faster 1K pace — with accountability and weekly adjustments.

3-mk.com/runfaster

Keep showing up. Feel the rhythm, breathe, and relax. Tag @3mkrun when you smash a PB.