

## Hyrox Running Sessions

### **1. Long Run**

60-90min Zone 2

### **2. 30min Running Threshold Test**

30min run as fast as possible

Flat terrain if outside or 1% incline on treadmill.

Log distance covered and work out average pace

### **3. Running Intervals 400s**

10min Steady State

12 x 400m (as fast as possible but consistent - aim for slightly above threshold pace)  
1min recovery

### **4. Fartlek Run**

5 Min Steady State

5 Rounds:

2min faster than threshold  
2min at threshold  
2min steady / zone 2 pace

5 Min Steady cooldown

### **5. Run Intervals**

10min Steady Run

5 Rounds  
400m Run  
30s Walk  
400m Run  
2min rest

5 Rounds  
200m Run  
30s Walk  
200m Run  
2min rest

10min Cool Down Run

### **6. Race Pace Intervals**

1km steady warm up run  
Stretch & Mobilise

10 x 3min intervals at race pace  
1min walk between

1km steady cool down run

## **7. Cut Down Run**

Max 60min

Start at 6/10 effort

Every 5min increase speed by 15sec

Aim to finish on 5min threshold before a 10min cooldown

60min Example:

6:15/km - 0-5min

6min/km - 5-10min

5:45/km - 10-15min

5:30/km - 15-20min

5:15/km - 20-25min

5min/km - 25-30min

4:45/km - 30-35min

4:30/km - 35-40min

4:15/km - 40-45min

4min/km - 45-50min

6min/km - 50-60min cool down

## **8. Hyrox Threshold Running**

5min steady state run

Stretch & Mobilise

8 x 1000m Run

2min Rest

## **9. Quality Long Run**

75min Long Run

20min easy steady state

Into 10 rounds of:

2min at Race Pace

1min Steady

25mi steady to finish

## **10. Running Speed Sets**

5min steady state run

Stretch & Mobilise

10 Rounds:

400m Run

30sec walk

200m Run

1min Rest

5min cool down run