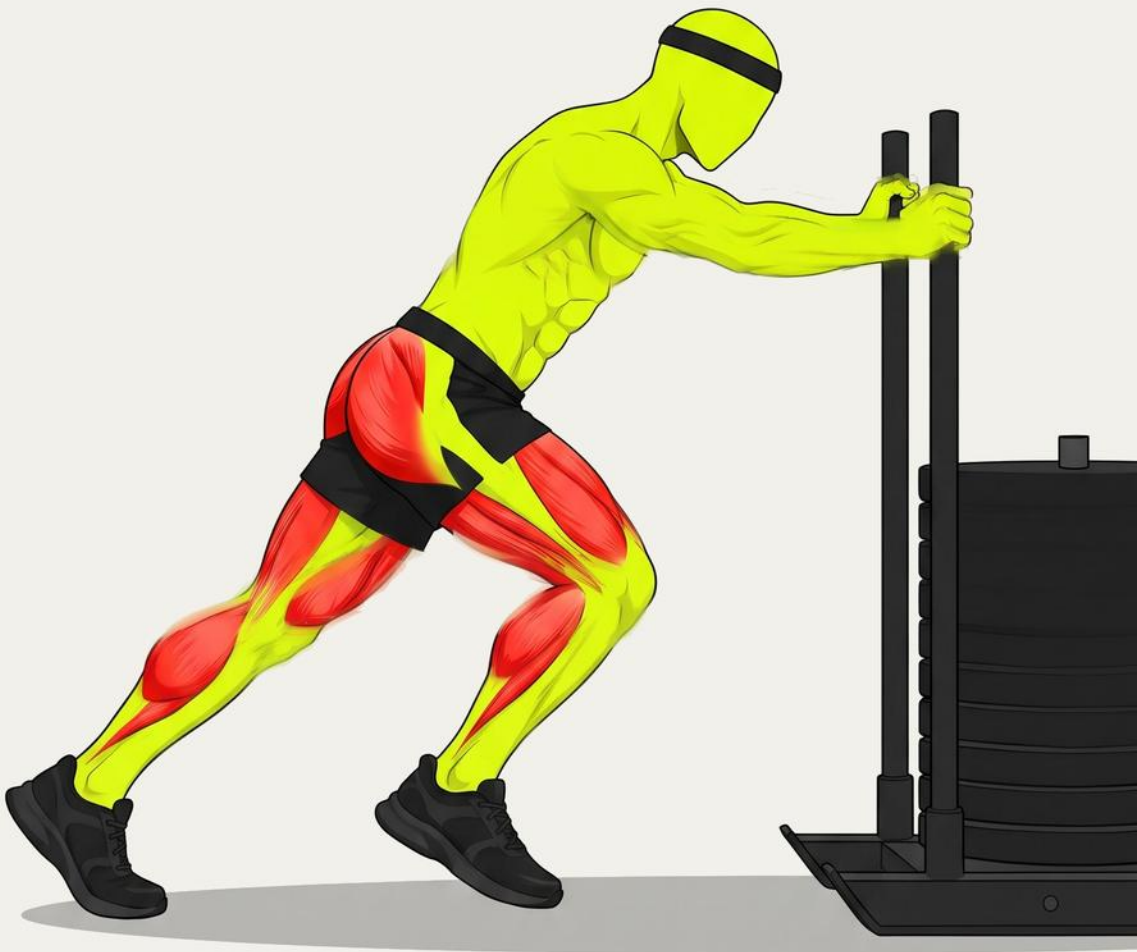




THE PERFECT HYROX WEEK

4 sessions · every station · one run after it



STEP 1

Find **your** station

Most lifters train all 8 stations equally. That is the mistake. One station is costing you more than the other seven combined, and almost everyone guesses the wrong one.

Open **Rivo**. Three sliders: your 5K time and two sled times (a best guess is fine). No account. In under 90 seconds: your predicted finish and the station costing you the most time, in seconds, from 777,000 real race results.

This week has two blanks on purpose. It does not work until they are filled. Under 90 seconds, free on the App Store.

See my number, free →



DAY 1

Run after it

- 3 rounds: **your #1 station** at race load → Run 1 km at race pace
- 2 min rest between rounds
- Then Squat or Deadlift 3 × 5, moderate

The only day the running and the lifting share.



DAY 2

The runs

- 5 × 1 km at your fresh 1 km pace + 10 s
- 90 s walk between
- Week 2: 6 × 1 km · Weeks 3–4: 7 × 1 km

Never the day after heavy legs.

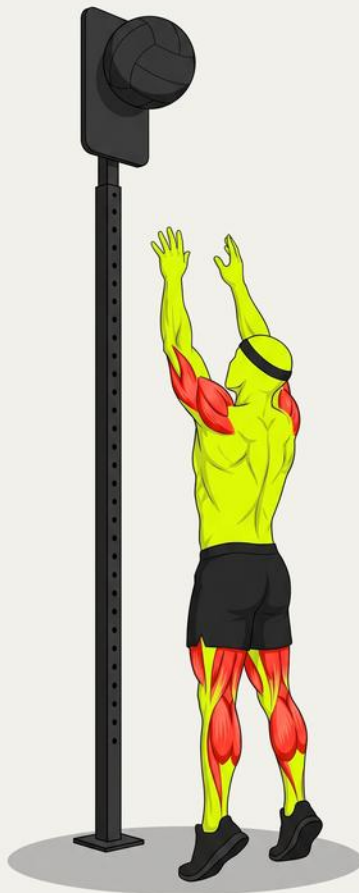


DAY 3

Stations

- **your #2 station** · 4 rounds at race load
- Wall Balls 5 × 20 · 13 lb to 10 ft
- Farmers Carry 4 × 200 m · 2 × 53 lb
- Sandbag Lunges 4 × 50 m · 44 lb
- Burpee Broad Jumps 3 × 40 m

No sled today: the long run needs 48 h from a sled.



DAY 4

Long run

- 8 km easy, a pace you could talk at
- Week 2: 9 km · Week 3: 10 km · Week 4: 11 km

Slower than you think is correct.



LOADS & RULES

The numbers

- Men's Open: sled push 335 lb · sled pull 227 lb · farmers 2 × 53 lb · sandbag 44 lb · wall ball 13 lb to 10 ft
- Women's Open: sled push 225 lb · sled pull 172 lb · farmers 2 × 35 lb · sandbag 22 lb · wall ball 9 lb to 9 ft
- Sled: 4 × 12.5 m, weight includes the sled
- Can't move race load for the full distance yet? Go lighter and finish every round. Add load before you add speed.
- Long run at least 48 h from any sled
- Race under 3 weeks away: –40% rounds two weeks out, –60% race week, loads stay, no barbell in the last 6 days
- **Re-check your station every 4 weeks.** When it changes, the blanks change.



Bonus Tip

This week is the same for everyone. Rivo builds yours: the two stations costing you the most, dated to your race, every split on your Apple Watch on race day.

14 days free. You pay nothing today.

[Get the full plan, 14 days free →](#)

