Training for Hyrox with FLEX

Training Guide · https://www.fitnessacademy.com/help-center/training-for-hyrox-with-flex/

This guide covers how FLEX prepares you for Hyrox and where the gaps are. Read the Adding Running to FLEX guide first if you haven't already.

Hyrox has two gaps between your FLEX training and race day.

Gap 1: Running

Hyrox is 8 rounds of 1km run + 1 workout station. That's 8km of running total. FLEX doesn't program running at that volume. This is fully covered in the Adding Running to FLEX guide. Short version: running replaces conditioning, strength work stays, match the intent of the day. Tier 2 from that guide is your Hyrox starting point.

Gap 2: Stations

The 8 stations: SkiErg (1km), Sled Push (50m), Sled Pull (50m), Burpee Broad Jumps (80m), Row (1km), Farmers Carry (200m), Sandbag Lunges (100m), Wall Balls (75/100 reps).

FLEX already trains every movement pattern on this list. You squat, hinge, lunge, carry, and row every week. You're not starting from zero on any station.

What FLEX doesn't give you is practice at competition standards under race fatigue. There's a big difference between 12 lunges in a workout and 100m of sandbag lunges after you've already run 7km and completed 6 stations.

Just like with the running guide, here's the tier breakdown.

Tier 1: "I Just Want to Finish"

Follow FLEX. Add running (Tier 2 from the running guide). Before race day, find a gym with sleds and do 2-3 practice sessions at Hyrox competition weights to feel what it's like. That's it.

Your FLEX fitness will carry you through every station. The limiting factor for casual finishers is almost always the running, not the stations.

Tier 2: "I Want to Be Competitive"

Competitive Hyrox is a sport. It needs sport-specific training: progressive sled work at race weights, station-specific endurance, running under fatigue, pacing strategy, and simulation sessions that replicate race conditions. FLEX gives you the foundation, but a competitive Hyrox result requires a program built for it.

New to Hyrox?

Start at Tier 1. Sign up, follow FLEX, add running, and go have fun. Your first one should be about experiencing the format, not chasing a time. You'll learn more from one race than from months of overthinking it.

No wrong tier. Just the one that matches what you want right now.