

FREE PLAN · @RACEWITHCHEETAH

Your first hybrid race in 10 weeks

Every session, set and distance for a first HYROX-style race (8 × 1 km runs + 8 stations, Open loads).

Built for you if you can already run 3–5 km and have trained a little. 40–75 minutes a session.

Mon

Easy run

Tue

Strength

Thu

Stations

Sat

Long run

How to use it. Move days around to fit your week, but keep at least one rest day between the station day and the long run. Zone 2 = you can hold a conversation. Zone 4 = comfortably hard. If a week goes badly, repeat it rather than skipping ahead.

WEEK 1

Find your baseline

Mon Easy Run

Easy Run 3 km

Relaxed and even · Zone 2 · 60–70% max HR · conversational pace

If you can't hold a conversation, slow down or walk briefly.

Tue **Strength · Lower**

Warm-up

8 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Goblet Squat

3 × 12 reps

Romanian Deadlift

3 × 12 reps

Rest 90 sec

Walking Lunges (each leg)

3 × 12 reps

Step-Ups (each leg)

3 × 12 reps

Plank

3 × 20 s

Thu Benchmark Test

Warm-up

12 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

1 km Time Trial 1 km

Hard but controlled — about 8/10, not a sprint. Record the time · Zone 4 · 80–90% max HR · threshold, comfortably hard

Walk for a few seconds if you need to; it's a starting point, not a race.

Rest 5 min

Wall Balls

50 reps, target 2.70 m (W) / 3.00 m (M); break into sets before you fail

For time. Record it and your set breaks.

Rest 5 min

1 km Run 1 km

Target pace 6:15–7:00 /km · Zone 4 · 80–90% max HR · threshold, comfortably hard

Compare this km with the first — the gap is your compromised-running cost.

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

Sat Long Run

Long Run 5 km

The week's aerobic backbone; finish feeling you could go on · Zone 2 · 60–70% max HR · conversational pace

Fuel and hydrate as you would on race day.

WEEK 2

Learn the stations

Mon Easy Run

Easy Run 3.5 km

Relaxed and even · Zone 2 · 60–70% max HR · conversational pace

If you can't hold a conversation, slow down or walk briefly.

Tue Strength · Full Body

Warm-up

8 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Trap Bar Deadlift

3 × 7 reps

Bent-Over Row

3 × 12 reps

Rest 90 sec

Dumbbell Push Press

3 × 12 reps

Lat Pulldown

3 × 10 reps

Kettlebell Swings

3 × 15 reps

Side Plank (each side)

3 × 25 s

Thu Technique · Stations 5–8

Warm-up

10 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

3 Rounds

Move steadily through the stations below, then rest 2 min before the next round

Row 200 m

Legs, then hips, then arms; 26–30 strokes a minute

Farmers Carry 50 m

Tall posture, quick steps, don't set them down

Sandbag Lunges 20 m

Bag on the shoulders, back knee touches every rep

Wall Balls

20 reps, target 2.70 m (W) / 3.00 m (M); break into sets before you fail

Rest 2 min between rounds

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

Sat Long Run

Long Run 5.5 km

The week's aerobic backbone; finish feeling you could go on · Zone 2 · 60–70% max HR · conversational pace

Fuel and hydrate as you would on race day.

WEEK 3

Learn the stations

Mon Easy Run

Easy Run 4 km

Relaxed and even · Zone 2 · 60–70% max HR · conversational pace

If you can't hold a conversation, slow down or walk briefly.

Tue Strength · Lower

Warm-up

8 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Goblet Squat

3 × 12 reps

Romanian Deadlift

3 × 12 reps

Rest 90 sec

Walking Lunges (each leg)

3 × 12 reps

Step-Ups (each leg)

3 × 12 reps

Plank

3 × 25 s

Thu Technique · Stations 1–4

Warm-up

10 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

3 Rounds

Move steadily through the stations below, then rest 2 min before the next round

SkiErg 200 m

Long strokes, hinge at the hips; pace it like a 15K, not a 5K

Sled Push 12.5 m

Arms long, low hips, short fast steps

Sled Pull 12.5 m

Hand over hand, sit back, walk the rope behind you

Burpee Broad Jumps 20 m

Chest to floor, jump forward with both feet; no space → do the same count as burpees + broad jumps in place

Rest 2 min between rounds

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

Sat Long Run

Long Run 6 km

The week's aerobic backbone; finish feeling you could go on · Zone 2 · 60–70% max HR · conversational pace

Fuel and hydrate as you would on race day.

WEEK 4

Deload: back off on purpose

Mon Easy Run · Deload

Easy Run 3 km

Relaxed and even · Zone 2 · 60–70% max HR · conversational pace

If you can't hold a conversation, slow down or walk briefly.

Tue Strength · Full Body · Deload

Warm-up

8 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Trap Bar Deadlift

3 × 6 reps

Bent-Over Row

3 × 10 reps

Rest 90 sec

Dumbbell Push Press

3 × 10 reps

Lat Pulldown

3 × 8 reps

Kettlebell Swings

3 × 15 reps

Side Plank (each side)

3 × 30 s

Thu Station Circuit · Stations 5–8 · Deload

Warm-up

10 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

3 Rounds

Move steadily through the stations below, then rest 2 min before the next round

Row 250 m

Legs, then hips, then arms; 26–30 strokes a minute

Farmers Carry 50 m

Tall posture, quick steps, don't set them down

Sandbag Lunges 20 m

Bag on the shoulders, back knee touches every rep

Wall Balls

25 reps, target 2.70 m (W) / 3.00 m (M); break into sets before you fail

Rest 2 min between rounds

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

Sat Long Run · Deload

Long Run 5 km

The week's aerobic backbone; finish feeling you could go on · Zone 2 · 60–70% max HR · conversational pace

Fuel and hydrate as you would on race day.

WEEK 5

Build

Mon Easy Run

Easy Run 5 km

Relaxed and even · Zone 2 · 60–70% max HR · conversational pace

If you can't hold a conversation, slow down or walk briefly.

Tue Strength · Lower

Warm-up

8 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Goblet Squat

4 × 10 reps

Romanian Deadlift

4 × 10 reps

Rest 90 sec

Walking Lunges (each leg)

4 × 10 reps

Step-Ups (each leg)

4 × 10 reps

Plank

4 × 30 s

Thu Station Circuit · Stations 1–4

Warm-up

10 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

4 Rounds

Move steadily through the stations below, then rest 2 min before the next round

SkiErg 250 m

Long strokes, hinge at the hips; pace it like a 15K, not a 5K

Sled Push 12.5 m

Arms long, low hips, short fast steps

Sled Pull 12.5 m

Hand over hand, sit back, walk the rope behind you

Burpee Broad Jumps 20 m

Chest to floor, jump forward with both feet; no space → do the same count as burpees + broad jumps in place

Rest 2 min between rounds

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

Sat Long Run

Long Run 6.5 km

The week's aerobic backbone; finish feeling you could go on · Zone 2 · 60–70% max HR · conversational pace

Fuel and hydrate as you would on race day.

WEEK 6

Build + compromised running

Mon Easy Run

Easy Run 5 km

Relaxed and even · Zone 2 · 60–70% max HR · conversational pace

If you can't hold a conversation, slow down or walk briefly.

Tue Strength · Full Body

Warm-up

8 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Trap Bar Deadlift

4 × 5 reps

Bent-Over Row

4 × 8 reps

Rest 90 sec

Dumbbell Push Press

4 × 8 reps

Lat Pulldown

4 × 6 reps

Kettlebell Swings

4 × 15 reps

Side Plank (each side)

4 × 35 s

Thu Compromised Run

Warm-up

10 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

3 Rounds

Run straight into each station and keep moving — walk briskly if you need to. Rest 2 min between rounds.

Run 500 m

Race effort · Zone 4 · 80–90% max HR · threshold, comfortably hard

SkiErg 250 m

Long strokes, hinge at the hips; pace it like a 15K, not a 5K

Run 500 m

Race effort — legs will feel heavy, that's the point · Zone 4 · 80–90% max HR · threshold, comfortably hard

Farmers Carry 50 m

Tall posture, quick steps, don't set them down

Rest 2 min between rounds

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

Sat Long Run

Long Run 7 km

The week's aerobic backbone; finish feeling you could go on · Zone 2 · 60–70% max HR · conversational pace

Fuel and hydrate as you would on race day.

WEEK 7

Retest + half simulation

Mon Easy Run

Easy Run 5.5 km

Relaxed and even · Zone 2 · 60–70% max HR · conversational pace

If you can't hold a conversation, slow down or walk briefly.

Tue Strength · Lower

Warm-up

8 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Goblet Squat

4 × 8 reps

Romanian Deadlift

4 × 8 reps

Rest 90 sec

Walking Lunges (each leg)

4 × 8 reps

Step-Ups (each leg)

4 × 8 reps

Plank

4 × 35 s

Thu Benchmark Test

Warm-up

12 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

1 km Time Trial 1 km

Hard but controlled — about 8/10, not a sprint. Record the time · Zone 4 · 80–90% max HR · threshold, comfortably hard

Walk for a few seconds if you need to; it's a starting point, not a race.

Rest 5 min

Wall Balls

50 reps, target 2.70 m (W) / 3.00 m (M); break into sets before you fail

For time. Record it and your set breaks.

Rest 5 min

1 km Run 1 km

Target pace 6:15–7:00 /km · Zone 4 · 80–90% max HR · threshold, comfortably hard

Compare this km with the first — the gap is your compromised-running cost.

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

Sat

Half Simulation · Front Four

Warm-up

12 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Half Simulation

4 × (1 km run + station) for time. Pace the first two stations at about 75% effort. Walk briskly through transitions.

Run 1 km 1 km

Race pace · Zone 4 · 80–90% max HR · threshold, comfortably hard

SkiErg 1000 m

Long strokes, hinge at the hips; pace it like a 15K, not a 5K

Run 1 km 1 km

Race pace · Zone 4 · 80–90% max HR · threshold, comfortably hard

Sled Push 50 m

Arms long, low hips, short fast steps

Run 1 km 1 km

Race pace · Zone 4 · 80–90% max HR · threshold, comfortably hard

Sled Pull 50 m

Hand over hand, sit back, walk the rope behind you

Run 1 km 1 km

Race pace · Zone 4 · 80–90% max HR · threshold, comfortably hard

Burpee Broad Jumps 80 m

Chest to floor, jump forward with both feet; no space → do the same count as burpees + broad jumps in place

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

WEEK 8

Full race simulation

Mon Easy Run

Easy Run 6 km

Relaxed and even · Zone 2 · 60–70% max HR · conversational pace

If you can't hold a conversation, slow down or walk briefly.

Tue Strength · Full Body

Warm-up

8 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Trap Bar Deadlift

3 × 5 reps

Bent-Over Row

3 × 6 reps

Rest 90 sec

Dumbbell Push Press

3 × 6 reps

Lat Pulldown

3 × 5 reps

Kettlebell Swings

3 × 15 reps

Side Plank (each side)

3 × 40 s

Thu

Compromised Run

Warm-up

10 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

3 Rounds

Run straight into each station and keep moving — walk briskly if you need to. Rest 2 min between rounds.

Run 500 m

Race effort · Zone 4 · 80–90% max HR · threshold, comfortably hard

Sled Push 12.5 m

Arms long, low hips, short fast steps

Run 500 m

Race effort — legs will feel heavy, that's the point · Zone 4 · 80–90% max HR · threshold, comfortably hard

Sandbag Lunges 20 m

Bag on the shoulders, back knee touches every rep

Rest 2 min between rounds

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

Sat

Full Race Simulation

Warm-up

15 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Full Simulation

8 × (1 km run + station) for time at ~90% race loads. Practise pacing, fuelling and fast transitions. This is your last big session.

Run 1 km 1 km

Race pace, even splits · Zone 4 · 80–90% max HR · threshold, comfortably hard

SkiErg 1000 m

Long strokes, hinge at the hips; pace it like a 15K, not a 5K

Run 1 km 1 km

Race pace, even splits · Zone 4 · 80–90% max HR · threshold, comfortably hard

Sled Push 50 m

Arms long, low hips, short fast steps

Run 1 km 1 km

Race pace, even splits · Zone 4 · 80–90% max HR · threshold, comfortably hard

Sled Pull 50 m

Hand over hand, sit back, walk the rope behind you

Run 1 km 1 km

Race pace, even splits · Zone 4 · 80–90% max HR · threshold, comfortably hard

Burpee Broad Jumps 80 m

Chest to floor, jump forward with both feet; no space → do the same count as burpees + broad jumps in place

Run 1 km 1 km

Race pace, even splits · Zone 4 · 80–90% max HR · threshold, comfortably hard

Row 1000 m

Legs, then hips, then arms; 26–30 strokes a minute

Run 1 km 1 km

Race pace, even splits · Zone 4 · 80–90% max HR · threshold, comfortably hard

Farmers Carry 200 m

Tall posture, quick steps, don't set them down

Run 1 km 1 km

Race pace, even splits · Zone 4 · 80–90% max HR · threshold, comfortably hard

Sandbag Lunges 100 m

Bag on the shoulders, back knee touches every rep

Run 1 km 1 km

Race pace, even splits · Zone 4 · 80–90% max HR · threshold, comfortably hard

Wall Balls

100 reps, target 2.70 m (W) / 3.00 m (M); break into sets before you fail

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

WEEK 9

Sharpen

Mon Easy Run

Easy Run 4.5 km

Relaxed and even · Zone 2 · 60–70% max HR · conversational pace

If you can't hold a conversation, slow down or walk briefly.

Tue Strength · Lower

Warm-up

8 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Goblet Squat

3 × 5 reps

Romanian Deadlift

3 × 5 reps

Rest 90 sec

Walking Lunges (each leg)

3 × 5 reps

Step-Ups (each leg)

3 × 5 reps

Plank

3 × 40 s

Thu Compromised Run

Warm-up

10 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

2 Rounds

Run straight into each station and keep moving — walk briskly if you need to. Rest 2 min between rounds.

Run 500 m

Race effort · Zone 4 · 80–90% max HR · threshold, comfortably hard

Sled Pull 12.5 m

Hand over hand, sit back, walk the rope behind you

Run 500 m

Race effort — legs will feel heavy, that's the point · Zone 4 · 80–90% max HR · threshold, comfortably hard

Wall Balls

25 reps, target 2.70 m (W) / 3.00 m (M); break into sets before you fail

Rest 2 min between rounds

Cool-down

5–10 min easy walk or jog, then stretch calves, hips and upper back

Sat Long Run

Long Run 7.5 km

The week's aerobic backbone; finish feeling you could go on · Zone 2 · 60–70% max HR · conversational pace

Fuel and hydrate as you would on race day.

WEEK 10

Race week

Mon Easy Run + Strides

Easy Run

20 min easy · Zone 2 · 60–70% max HR · conversational pace

Strides

4 × 20 s at race pace, full walk-back recovery

Wed Race Primer

Warm-up

10 min easy jog, bike or row, then leg swings, hip openers and 2 × 10 air squats

Race-Pace Primer 1 km

One relaxed km at goal race pace · Zone 3 · 70–80% max HR · steady, short sentences only

SkiErg 150 m

Long strokes, hinge at the hips; pace it like a 15K, not a 5K

Sled Push 12.5 m

Arms long, low hips, short fast steps

Wall Balls

15 reps, target 2.70 m (W) / 3.00 m (M); break into sets before you fail

Stop there

Leave feeling fresh. No hard efforts from here to race day.

Fri Shakeout

Shakeout Jog

15 min very easy · Zone 1 · 50–60% max HR · recovery

Mobility + Kit Check

10 min mobility. Lay out shoes, gloves, gels, timing chip

Sat

Race Day

Race Warm-up

15 min: easy jog, dynamic mobility, 3 × 10 s fast strides, 5 wall balls and 5 burpees

Eat 2–3 hours before. Pace the SkiErg like a 15K, not a 5K.

Run 1 1 km

Target 6:15–7:00 /km · Zone 4 · 80–90% max HR · threshold, comfortably hard

Walk briskly through the transition zone; never stand still.

Station 1 · SkiErg 1000 m

Run 2 1 km

Target 6:15–7:00 /km · Zone 4 · 80–90% max HR · threshold, comfortably hard

Walk briskly through the transition zone; never stand still.

Station 2 · Sled Push 50 m

Run 3 1 km

Target 6:15–7:00 /km · Zone 4 · 80–90% max HR · threshold, comfortably hard

Walk briskly through the transition zone; never stand still.

Station 3 · Sled Pull 50 m

Run 4 1 km

Target 6:15–7:00 /km · Zone 4 · 80–90% max HR · threshold, comfortably hard

Walk briskly through the transition zone; never stand still.

Station 4 · Burpee Broad Jumps 80 m

Run 5 1 km

Target 6:15–7:00 /km · Zone 4 · 80–90% max HR · threshold, comfortably hard

Walk briskly through the transition zone; never stand still.

Station 5 · Row 1000 m

Run 6 1 km

Target 6:15–7:00 /km · Zone 4 · 80–90% max HR · threshold, comfortably hard

Walk briskly through the transition zone; never stand still.

Station 6 · Farmers Carry 200 m

Run 7 1 km

Target 6:15–7:00 /km · Zone 4 · 80–90% max HR · threshold, comfortably hard

Walk briskly through the transition zone; never stand still.

Station 7 · Sandbag Lunges 100 m

Run 8 1 km

Target 6:15–7:00 /km · Zone 4 · 80–90% max HR · threshold, comfortably hard

Walk briskly through the transition zone; never stand still.

Station 8 · Wall Balls

100 reps

Break into sets of 10–20 before you fail

Finish

Log your time and each split, then celebrate

Want this plan on your phone? We're building **Cheetah**, a training app for your first hybrid race: plans, logging, heart-rate zones and race-day pacing. Follow **@racewithcheetah** to get it first.

General training guidance, not medical advice. Check with a doctor before starting a new program, and stop if something hurts. Station loads and standards follow the current Open division rulebook; always check your event's rulebook. HYROX is a trademark of its owner; this plan is independent and not affiliated with or endorsed by HYROX.