

KILOPACE

TRAINING JOURNAL NO. 01

OCTOBER 19, 2026

Your HYROX race journal

Built from your 5 km time, race date and schedule

11

WEEKS TO RACE

October 26, 2026

PLAN STARTS

6:30 /km

EASY PACE

THIS JOURNAL BELONGS TO

STARTED ON



kilopace.com

Contents

03	Your numbers	
	Calculated from your answers. These are the numbers the whole plan is built on.	
05	How to use this journal	
	HYROX is roughly half running. Most athletes lose more time to slow runs between stations than at the stations themselves.	
	Coaching notes	06
07	The programme	
	Built from your 5 km time, race date and schedule	
	Your 11-week plan	08
	The eight stations ({{div}})	10
	Equipment swaps	11
	Technique library	11
	If this happens, do this	12
14	Weekly pages	
	Tick each session when it is done	
26	Logs	
	Station benchmarks	28
	Notes	29
	References	31

CHAPTER 01

Your numbers

Calculated from your answers. These are the numbers the whole plan is built on.

YOUR NUMBERS

Built from your 5 km time, race date and schedule

11

WEEKS TO RACE

October 26, 2026

PLAN STARTS

6:30 /km

EASY PACE

5:31 /km

THRESHOLD PACE

5:09 /km

1 KM INTERVAL PACE

5:49 /km

HYROX RACE-RUN TARGET

BEFORE YOU START

General fitness information, not medical advice. Stop and seek help if you feel chest pain, dizziness or sharp pain.

POCKET CARD

KILOPACE

- Weeks to race: 11
- Plan starts: October 26, 2026
- Easy pace: 6:30 /km
- Threshold pace: 5:31 /km
- 1 km interval pace: 5:09 /km
- HYROX race-run target: 5:49 /km

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

HYROX is roughly half running. Most athletes lose more time to slow runs between stations than at the stations themselves.

HOW TO USE THIS JOURNAL

How to use this journal

- 01 Train the days in order; the exact weekday does not matter, but keep at least one easy day between the two hardest sessions.
- 02 Run every session at the pace written for it. Going faster on easy days is the most common reason people stall.
- 03 Missed a session? Skip it and carry on. Never squeeze two hard days together to catch up.
- 04 Deload weeks are part of the plan. They are where the fitness from the previous three weeks shows up.
- 05 Retest your 5 km every 6–8 weeks and recalculate your paces with the free calculator.

“Practise transitions: walk briskly into each station, breathe for two breaths, then start.”

COACHING NOTES

- HYROX is roughly half running. Most athletes lose more time to slow runs between stations than at the stations themselves.
- Wall balls decide many races. Break them up early, before you are forced to.
- Eat carbohydrate before long sessions and race simulations; practise your race-morning breakfast at least twice.
- Sleep 7–9 hours. Recovery is when the adaptations from training happen.
- If a niggle lasts more than a week or changes how you run, swap running for the rower or bike and get it checked.

CHAPTER 03

The programme

Built from your 5 km time, race date and schedule

01

Your running paces

“Every run in this plan uses one of these four paces. Write them on a sticky note on your treadmill.”

SESSION	/KM
Easy pace	6:30
Threshold pace	5:31
1 km interval pace	5:09
HYROX race-run target	5:49

02

Your 11-week plan

WEEK	PHASE	SESSION	DETAILS
1	Base	Run intervals	3 × 1 km @ 5:09/km, 2 min walk or jog between
		Strength + stations	Back squat, Romanian deadlift, walking lunge, bent-over row: 3 × 8 @ RPE 7. Then 3 rounds: SkiErg technique + wall balls 20 reps easy.
		Long or compromised run	6 km continuous at easy pace (6:30/km).
		Easy run	33 min at easy pace (6:30/km). Conversational.
2	Base	Run intervals	4 × 1 km @ 5:09/km, 2 min walk or jog between
		Strength + stations	Back squat, Romanian deadlift, walking lunge, bent-over row: 3 × 8 @ RPE 7. Then 3 rounds: SkiErg technique + wall balls 20 reps easy.
		Long or compromised run	7 km continuous at easy pace (6:30/km).
		Easy run	36 min at easy pace (6:30/km). Conversational.
3	Base	Run intervals	4 × 1 km @ 5:09/km, 2 min walk or jog between

WEEK	PHASE	SESSION	DETAILS
4	Base (deload)	Strength + stations	Back squat, Romanian deadlift, walking lunge, bent-over row: 3 × 8 @ RPE 7. Then 3 rounds: SkiErg technique + wall balls 20 reps easy.
		Long or compromised run	8 km continuous at easy pace (6:30/km).
		Easy run	39 min at easy pace (6:30/km). Conversational.
		Run intervals	3 × 1 km @ 5:09/km, 2 min walk or jog between
		Strength + stations	Back squat, Romanian deadlift, walking lunge, bent-over row: 3 × 8 @ RPE 7. Then 3 rounds: SkiErg technique + wall balls 20 reps easy.
		Long or compromised run	6 km continuous at easy pace (6:30/km).
		Easy run	29 min at easy pace (6:30/km). Conversational.
5	Build	Run intervals	4 × 1 km @ 5:09/km, 2 min walk or jog between
		Strength + stations	Front squat, trap-bar deadlift, push press: 4 × 6 @ RPE 8. Then 4 rounds for quality: SkiErg + 20 wall balls + 200 m run.
		Long or compromised run	5 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
		Easy run	33 min at easy pace (6:30/km). Conversational.
6	Build	Run intervals	5 × 1 km @ 5:09/km, 2 min walk or jog between
		Strength + stations	Front squat, trap-bar deadlift, push press: 4 × 6 @ RPE 8. Then 4 rounds for quality: SkiErg + 20 wall balls + 200 m run.
		Long or compromised run	6 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
		Easy run	36 min at easy pace (6:30/km). Conversational.
7	Build	Run intervals	5 × 1 km @ 5:09/km, 2 min walk or jog between
		Strength + stations	Front squat, trap-bar deadlift, push press: 4 × 6 @ RPE 8. Then 4 rounds for quality: SkiErg + 20 wall balls + 200 m run.
		Long or compromised run	7 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
		Easy run	39 min at easy pace (6:30/km). Conversational.
8	Peak	Run intervals	5 × 1 km @ 5:09/km, 1.5 min walk or jog between
		Strength + stations	Squat and deadlift 2 × 5 @ RPE 7 (keep it crisp). Then stations at race weight: sled push 2 × 25 m, sled pull 2 × 25 m, 100 m sandbag lunges, 2 × 200 m farmers carry. No sled? Use the equipment swaps in this journal.

WEEK	PHASE	SESSION	DETAILS
		Long or compromised run	6 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
		Easy run	33 min at easy pace (6:30/km). Conversational.
9	Peak	Run intervals	6 × 1 km @ 5:09/km, 1.5 min walk or jog between
		Strength + stations	Squat and deadlift 2 × 5 @ RPE 7 (keep it crisp). Then stations at race weight: sled push 2 × 25 m, sled pull 2 × 25 m, 100 m sandbag lunges, 2 × 200 m farmers carry. No sled? Use the equipment swaps in this journal.
		Long or compromised run	6 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
		Easy run	36 min at easy pace (6:30/km). Conversational.
10	Taper	Run intervals	2 × 1 km @ 5:09/km, 2 min walk or jog between
		Strength + stations	Light full body 2 × 5 @ RPE 6 + 2 short station run-throughs. Leave the gym fresh.
		Long or compromised run	2 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
		Easy run	25 min at easy pace (6:30/km). Conversational.
11	Taper	Run intervals	2 × 1 km @ 5:09/km, 2 min walk or jog between
		Strength + stations	Light full body 2 × 5 @ RPE 6 + 2 short station run-throughs. Leave the gym fresh.
		Long or compromised run	2 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
		Easy run	25 min at easy pace (6:30/km). Conversational.

03

The eight stations

- 1 · SkiErg 1,000 m. Long pulls from the hips, steady breathing.
- 2 · Sled push 50 m. Low hips, short fast steps.
- 3 · Sled pull 50 m. Walk backwards, hand over hand, keep the rope tight.
- 4 · Burpee broad jumps 80 m. Find a rhythm you can keep for 4 minutes.
- 5 · Rowing 1,000 m. Legs first, then lean, then arms.
- 6 · Farmers carry 200 m. Tall posture, quick steps, no stopping.

- 7 · Sandbag lunges 100 m. Knee kisses the floor, bag high on the shoulders.
- 8 · Wall balls 100 reps. Sets of 10–15 with short breaks from the start.

04

Equipment swaps

- No sled: push a loaded plate or heavy box on turf, or do 30 s heavy wall drives; sled pull → heavy rope or band pulls walking backwards.

05

Technique library

Every movement in your plan, with the cues coaches use. Read it once before week 1, then come back whenever a lift feels off.

EXERCISE	CUES
Romanian deadlift	Hold the bar at hip height, shoulder-width grip, soft knees · Push hips back, keep the bar against your legs, stop at mid-shin · Don't round the back or let the bar drift away from the body
Back squat	Bar on upper back, feet shoulder-width, big breath and brace · Sit down between your heels to at least parallel, knees track toes · Don't let the chest drop or knees cave on the way up
SkiErg 1,000 m	Feet hip-width, arms high, slight lean · Hinge at the hips and pull handles to the thighs, arms following · Don't pull only with the arms or squat down each stroke
Sled push 50 m	Arms straight or bent on the poles, body at about 45° · Drive with short, fast steps, staying low · Don't stand up tall or stop; restarting a stopped sled is the hardest part
Sled pull 50 m	Sit back in a low athletic stance, rope tight · Pull hand over hand, walking backwards, using legs and hips · Don't let slack build in the rope or pull with arms only
Burpee broad jumps 80 m	Chest to the floor, then jump up and forward with both feet · Land soft with bent knees and step or fall straight into the next rep · Don't take huge jumps you can't sustain
Rowing 1,000 m	Feet strapped, shins vertical at the catch · Push with legs, lean back slightly, then pull to the lower ribs · Don't pull with arms first or rush the recovery
Farmers carry 200 m	Grip handles centred, stand tall, shoulders back · Short, fast steps, breathe steadily · Don't put the bells down; shake out the grip while walking
Sandbag lunges 100 m	Bag high across the shoulders behind the neck, chest up · Step long, back knee touches the floor, stand through the front heel · Don't let the bag slide down or the torso fold forward
Wall balls 100 reps	Ball at chest, feet shoulder-width, eyes on the target · Squat below parallel, drive up and throw in one motion, catch into the next squat · Don't stop with the ball overhead; break into sets early

If this happens, do this

If your runs between stations are slowing a lot	Then add one compromised session a week (1 km + station) and run the first 200 m after each station deliberately easy
If your grip fails on the farmers carry or sled pull	Then add dead hangs and heavy carries twice a week, and use chalk or practise putting the bells down only once
If your legs are dead before wall balls	Then pace the lunges a notch easier and start wall balls in sets of 10 with 3-breath breaks from rep one
If you missed a week	Then repeat the last week you completed instead of jumping ahead, and keep the race date; one week rarely changes the outcome
If a knee, Achilles or shin niggle lasts more than a week	Then swap runs for the rower or bike, keep stations pain-free, and see a physio if it changes how you walk or run
If your easy runs feel hard	Then you are running too fast or under-recovered: slow to conversational pace, check sleep and carbohydrate intake, and take the deload on time

Glossary

RPE	Rate of perceived exertion: how hard a set feels on a 1–10 scale. 10 is all-out, 7 means about three more reps were possible.
Reps in reserve	How many more good reps you could have done when you stopped the set. RIR 2 ≈ RPE 8.
3 × 8–10	Three sets of 8 to 10 repetitions each. Pick a weight that lets you reach the range with good form.
Deload	A lighter week with less volume or load, usually every 4–6 weeks, so the body can recover and adapt.
Progressive overload	Gradually making training harder over time, with more weight, reps or sets, so you keep improving.
Double progression	Add reps first until all sets reach the top of the range, then add weight and start again at the bottom.
Zone 2 / easy pace	A relaxed effort where you can talk in full sentences. It builds aerobic base and aids recovery.
Threshold	The hardest pace you can hold for about an hour; feels comfortably hard, only a few words at a time.

Tempo / interval	Tempo: sustained, steady hard running. Interval: shorter fast repeats with recovery between them.
TDEE	Total daily energy expenditure: the calories you burn in a day, including exercise and daily activity.
Protein per kg	Daily protein based on body weight, e.g. 1.6 g/kg means 112 g for a 70 kg person.
Fibre target	Aim for about 25–30 g of fibre a day from vegetables, fruit, whole grains and legumes.



CHAPTER 04

Weekly pages

Tick each session when it is done

WEEK

Base

01

October 26, 2026

WEEK OF _____

- ☐ Run intervals: 3 × 1 km @ 5:09/km, 2 min walk or jog between
- ☐ Strength + stations: Back squat, Romanian deadlift, walking lunge, bent-over row: 3 × 8 @ RPE 7. Then 3 rounds: SkiErg technique + wall balls 20 reps easy.
- ☐ Long or compromised run: 6 km continuous at easy pace (6:30/km).
- ☐ Easy run: 33 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
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WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Base

02

November 2, 2026

WEEK OF _____

- ☐ Run intervals: 4 × 1 km @ 5:09/km, 2 min walk or jog between
- ☐ Strength + stations: Back squat, Romanian deadlift, walking lunge, bent-over row: 3 × 8 @ RPE 7. Then 3 rounds: SkiErg technique + wall balls 20 reps easy.
- ☐ Long or compromised run: 7 km continuous at easy pace (6:30/km).
- ☐ Easy run: 36 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
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WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Base

03

November 9, 2026

WEEK OF _____

- ☐ Run intervals: 4 × 1 km @ 5:09/km, 2 min walk or jog between
- ☐ Strength + stations: Back squat, Romanian deadlift, walking lunge, bent-over row: 3 × 8 @ RPE 7. Then 3 rounds: SkiErg technique + wall balls 20 reps easy.
- ☐ Long or compromised run: 8 km continuous at easy pace (6:30/km).
- ☐ Easy run: 39 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Base (deload)

04

November 16, 2026

WEEK OF _____

- ☐ Run intervals: 3 × 1 km @ 5:09/km, 2 min walk or jog between
- ☐ Strength + stations: Back squat, Romanian deadlift, walking lunge, bent-over row: 3 × 8 @ RPE 7. Then 3 rounds: SkiErg technique + wall balls 20 reps easy.
- ☐ Long or compromised run: 6 km continuous at easy pace (6:30/km).
- ☐ Easy run: 29 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
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WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Build

05

November 23, 2026

WEEK OF _____

- ☐ Run intervals: 4 × 1 km @ 5:09/km, 2 min walk or jog between
- ☐ Strength + stations: Front squat, trap-bar deadlift, push press: 4 × 6 @ RPE 8. Then 4 rounds for quality: SkiErg + 20 wall balls + 200 m run.
- ☐ Long or compromised run: 5 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
- ☐ Easy run: 33 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Build

06

November 30, 2026

WEEK OF _____

- ☐ Run intervals: 5 × 1 km @ 5:09/km, 2 min walk or jog between
- ☐ Strength + stations: Front squat, trap-bar deadlift, push press: 4 × 6 @ RPE 8. Then 4 rounds for quality: SkiErg + 20 wall balls + 200 m run.
- ☐ Long or compromised run: 6 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
- ☐ Easy run: 36 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Build

07

December 7, 2026

WEEK OF _____

- ☐ Run intervals: 5 × 1 km @ 5:09/km, 2 min walk or jog between
- ☐ Strength + stations: Front squat, trap-bar deadlift, push press: 4 × 6 @ RPE 8. Then 4 rounds for quality: SkiErg + 20 wall balls + 200 m run.
- ☐ Long or compromised run: 7 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
- ☐ Easy run: 39 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Peak

08

December 14, 2026

WEEK OF _____

- ☐ Run intervals: 5 × 1 km @ 5:09/km, 1.5 min walk or jog between
- ☐ Strength + stations: Squat and deadlift 2 × 5 @ RPE 7 (keep it crisp). Then stations at race weight: sled push 2 × 25 m, sled pull 2 × 25 m, 100 m sandbag lunges, 2 × 200 m farmers carry. No sled? Use the equipment swaps in this journal.
- ☐ Long or compromised run: 6 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
- ☐ Easy run: 33 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Peak

09

December 21, 2026

WEEK OF _____

- ☐ Run intervals: 6 × 1 km @ 5:09/km, 1.5 min walk or jog between
- ☐ Strength + stations: Squat and deadlift 2 × 5 @ RPE 7 (keep it crisp). Then stations at race weight: sled push 2 × 25 m, sled pull 2 × 25 m, 100 m sandbag lunges, 2 × 200 m farmers carry. No sled? Use the equipment swaps in this journal.
- ☐ Long or compromised run: 6 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
- ☐ Easy run: 36 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Taper

10

December 28, 2026

WEEK OF _____

- ☐ Run intervals: 2 × 1 km @ 5:09/km, 2 min walk or jog between
- ☐ Strength + stations: Light full body 2 × 5 @ RPE 6 + 2 short station run-throughs. Leave the gym fresh.
- ☐ Long or compromised run: 2 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
- ☐ Easy run: 25 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Taper

11

Race day: January 11, 2027

WEEK OF _____

- ☐ Run intervals: 2 × 1 km @ 5:09/km, 2 min walk or jog between
- ☐ Strength + stations: Light full body 2 × 5 @ RPE 6 + 2 short station run-throughs. Leave the gym fresh.
- ☐ Long or compromised run: 2 rounds: 1 km at race-run target (5:49/km) straight into one station (rotate all 8 across the weeks).
- ☐ Easy run: 25 min at easy pace (6:30/km). Conversational.

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week



CHAPTER 05

Logs

LOGS

Run log

LOGS

Station benchmarks

STATION	TEST 1	TEST 2	TEST 3	RACE GOAL

NOTES

Grid of dots for notes.

NOTES

Grid of dots for notes.

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3. HYROX official race format
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4. Schumann et al. (2022) Compatibility of concurrent aerobic and strength training for skeletal muscle size and function. Sports Med
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Small, repeated, honest efforts.
That is the whole secret.

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