FREE HYROX WORKOUT PACK

20 FREE WORKOUTS

HYROX CONDITIONING SERIES

20 Hyrox-specific conditioning workouts, built to slot straight into your own training. Erg pieces, sled work, running ladders and race-simulation formats — pulled directly from Origin Series programming and yours to use, completely free.

WORKOUT 1: RUN LADDER + ENGINE

AMRAP 20 · 2 PARTS

AMRAP 20

Run Distance 250 · 500 · 750 · 1000 · 1250...
After Each Round: 50 Sandbag Lunges
After Each Round: 50 Wall Balls

REST 5 MINS

AMRAP 20

Run Distance 250 · 500 · 750 · 1000 · 1250...
After Each Round: 400m Row
After Each Round: 400m Ski

WORKOUT 2: RUN / ERG + SLED EMOM

IN 12 MINS · EMOM 12

IN 12 MINS
500m Run
800m Ski
500m Run
Max Reps Burpee Broad Jumps

EMOM 12
1 · Max Sled Push
2 · Rest

IN 12 MINS
500m Run
800m Row
500m Run
Max Reps Wall Balls

EMOM 12
1 · Max Sled Push
2 · Rest

WORKOUT 3: RUN / ERG + MAX SLED

IN 6 MINS · X 3

IN 6 MINS
600m Run
400m Ski
Max Sled Push

REST 2 MINS

IN 6 MINS
600m Run
400m Row
Max Wall Balls

REST 2 MINS

X 3

WORKOUT 4: ASCENDING ERG / LADDER BALLS

AMRAP 25 · 2 PARTS

AMRAP 25

500m Run
250m Row
250m Ski

ADD 250M TO THE ROW & SKI EACH NEW ROUND

REST 3–5 MINS

AMRAP 25

500m Run
20m Sled Push
Wall Balls 5 · 10 · 15 · 20...

WORKOUT 5: RUN / SKI + SLED AMRAP

IN 5 MINS · X 2

IN 5 MINS
500m Run
250m Ski
Max Burpee Broad Jump

REST 2 MINS

X 2

AMRAP 7
25m Sled Pull
25m Sled Push

IN 5 MINS
500m Run
250m Ski
Max Wall Balls

REST 2 MINS

X 2

AMRAP 7
25m Sled Pull
25m Sled Push

WORKOUT 6: RUN + SLED BOOKENDS

AMRAP 16 · EMOM 5

AMRAP 16
400m Run
20m Sled Pull
20m Sled Push

EVERY 5 MINS FOR 20 MINS
15 Cal Ski
15 Burpee To Plate
15 Cal Row
15 Wall Balls

AMRAP 16
400m Run
20m Sled Pull
20m Sled Push

WORKOUT 7: FOUR-PART ENGINE BUILDER

IN 12 MINS · 4 ROUNDS

IN 12 MINS
600m Run
500m Row
AMRAP: 12.5m Sled Push + 12.5m Sled Pull

IN 12 MINS
600m Run
500m Ski
AMRAP: 20 Wall Balls
500m C2 Bike

IN 12 MINS
600m Run
500m Row
AMRAP: 12.5m Sled Push + 12.5m Sled Pull

IN 12 MINS
600m Run
500m Ski
AMRAP: 20 Burpees To Plate
500m C2 Bike

WORKOUT 8: ERG + SLED TO MAX RUN

IN 8 MINS · X 2

IN 8 MINS

500m Row
12.5m Sled Push
12.5m Sled Pull
Max Distance Run

REST 2 MINS

IN 8 MINS

500m Ski
25 Wall Balls
20 Walking Lunges
Max Distance Run

REST 2 MINS

X 2

WORKOUT 9: RUN/SLED AMRAP + ERG SPRINTS

AMRAP 12 · X 4

AMRAP 12
800m Run
12.5m Sled Push
12.5m Sled Pull

IN 2 MINS
300m Row
Max Reps Burpee To Plate

REST 1 MIN

X 4

AMRAP 12
800m Run
12.5m Sled Push
12.5m Sled Pull

IN 2 MINS
300m Ski
Max Reps Wall Balls

REST 1 MIN

X 4

WORKOUT 10: RUN/SLED + LADDER SKI BALLS

AMRAP 25 · 2 PARTS

AMRAP 25

1000m Run
12.5m Sled Push
12.5m Sled Pull

AMRAP 25

Cal Ski 10 · 20 · 30 · 40 · 50...
Wall Balls 10 · 20 · 30 · 40 · 50...

250M RUN AFTER EACH ROUND

WORKOUT 11: ERG SPRINTS + SLED FINISHER

IN 5 MINS · X 2

IN 5 MINS

400m Ski
15 Burpees To Plate
Max Run

REST 60S

IN 5 MINS

400m Row
20 Sandbag Lunges
Max Run

REST 60S

X 2

AMRAP 20

500m Run
Sled Pull
Sled Push
15 Wall Balls

WORKOUT 12: FOUR-PART BUY-IN LADDERS

IN 12 MINS · 4 ROUNDS

IN 12 MINS
600m Run Buy-In
AMRAP: Cal Ski 10 · 20 · 30 · 40...
Burpees To Plate

IN 12 MINS
600m Run Buy-In
AMRAP: Cal Row 10 · 20 · 30 · 40...
12.5m Sled Push / 12.5m Sled Pull
ALTERNATE PUSH & PULL EACH ROUND

IN 12 MINS
600m Run Buy-In
AMRAP: Cal C2 Bike 10 · 20 · 30 · 40...
Wall Balls

IN 12 MINS
600m Run Buy-In
AMRAP: 12.5m Sled Push + 12.5m Sled Pull
200m Run

WORKOUT 13: THE THREE-ROUND GRIND

AMRAP 50

ROUND 1
600m Run
300m Ski
12.5m Sled Pull
12.5m Sled Push

ROUND 2
600m Run
300m Row
15 Burpees To Plate
30 Wall Balls

ROUND 3
600m Run
600m C2 Bike
20 Lunges

WORKOUT 14: RUN/SLED + BODYWEIGHT FINISHER

IN 8 MINS · X 2

IN 8 MINS

500m Run
15m Sled Push
15m Sled Pull
Max Distance Run

REST 2 MINS

X 2

IN 8 MINS

500m Run
15 Burpee Broad Jumps
20 Sandbag Lunges
Max Distance Run

REST 2 MINS

X 2

FOR TIME

100 Wall Balls

WORKOUT 15: DOUBLE AMRAP INTO WALL BALLS

AMRAP 20 · INTO 70 WALL BALLS

AMRAP 20

500m Run
500m Ski
12.5m Sled Pull
12.5m Sled Push
20 Sandbag Lunges

AMRAP 20

500m Run
500m Row
12.5m Sled Pull
12.5m Sled Push
10 Burpee Broad Jumps

INTO

FOR TIME

70 Wall Balls

WORKOUT 16: BUY-IN + ERG ROTATION

IN 10 MINS · 4 ROUNDS

IN 10 MINS
750m Run Buy-In
500m Row
20 Sandbag Lunges
Max Distance Run

REST 2 MINS

IN 10 MINS
750m Run Buy-In
500m Ski
12.5m Sled Push
Max Distance Run

REST 2 MINS

IN 10 MINS
750m Run Buy-In
500m Row
20 Burpee Broad Jumps
Max Distance Run

REST 2 MINS

IN 10 MINS
750m Run Buy-In
500m Ski
20 Wall Balls
Max Distance Run

WORKOUT 17: THE DESCENDING TIME CAP

16 → 10 MINS · 4 ROUNDS

IN 16 MINS
1000m Run
AMRAP: 500m Row
400m Run

REST 90S

IN 14 MINS
800m Run
AMRAP: 25m Sled Push
400m Run

REST 90S

IN 12 MINS
600m Run
AMRAP: 30 Wall Balls
400m Run

REST 90S

IN 10 MINS
400m Run
AMRAP: 15 Burpee Broad Jumps
400m Run

WORKOUT 18: RUN + GRIND, REPEATED

IN 10 MINS · REPEAT X 2

IN 10 MINS

1000m Run
30 Wall Balls
15 Burpees To Plate
Max Distance Ski

REST 2 MINS

IN 10 MINS

1000m Run
25m Sled Push
20 Sandbag Lunges
Max Distance Row

REST 2 MINS

THEN

Repeat Both Sections Once More

WORKOUT 19: THE FRONT-END SIMULATOR

AMRAP 45

FRONT END RACE FOCUS

AMRAP 45

600m Run
500m Ski
600m Run
12.5m Sled Push
600m Run
12.5m Sled Pull
600m Run
20 Burpee Broad Jumps

WORKOUT 20: THE BACK-END SIMULATOR

AMRAP 45

BACK END RACE FOCUS

AMRAP 45

600m Run
500m Row
600m Run
50m Farmers Carry
600m Run
20 Sandbag Lunges
600m Run
50 Wall Balls