

**BEGINNERS**

# ***RUNNING***

TRAINING PLAN

**HYROX** R E A D Y

[WWW.HYROXREADY.CO.UK](http://WWW.HYROXREADY.CO.UK)



@HYROXREADY



# INTRODUCTION

## **Beginner's Running Training Plan:**

Get Running with HYROX Ready!

An 8-Week Plan to Build Your Running Confidence and Endurance.

This plan is designed to help beginners establish a strong running base and improve their fitness in a structured and approachable way.

Whether you're preparing for HYROX or simply want to add running to your fitness routine, this plan is for you!

## PLAN OVERVIEW

- Duration: 8 weeks
- Goal: Build endurance, consistency, and comfort with running.
- Frequency: 3 runs per week
- Intensity: Gradual increases in duration and intensity



## WEEK 1-2

# ESTABLISHING THE HABIT

---

**Focus:** Build comfort with running and walking intervals.

- Run 1: Walk 2 minutes, jog 1 minute (repeat for 20 minutes)
- Run 2: Walk 1 minute, jog 2 minutes (repeat for 20 minutes)
- Run 3: Walk 3 minutes, jog 3 minutes (repeat for 20 minutes)

## WEEK 3-4

# EXTENDING RUN TIME

---

**Focus:** Increase running intervals and total time on feet.

- Run 1: Jog 2 minutes, walk 1 minute (repeat for 25 minutes)
- Run 2: Continuous jog for 10-15 minutes, walk 2 minutes, jog 10 minutes
- Run 3: Jog 3 minutes, walk 1 minute (repeat for 30 minutes)

## WEEK 5-6

# BUILDING ENDURANCE

---

**Focus:** Longer continuous running periods.

- Run 1: Continuous jog for 20 minutes (walk if needed)
- Run 2: Jog 4 minutes, walk 1 minute (repeat for 30 minutes)
- Run 3: Continuous jog for 25 minutes

# WEEK 7-8

## STRENGTHENING AND CONSOLIDATING

---

**Focus: Build stamina and confidence in continuous running**

- Run 1: Jog for 30 minutes at a comfortable pace
- Run 2: Jog 10 minutes, increase pace for 5 minutes, jog 10 minutes
- Run 3: Continuous jog for 35-40 minutes

## OPTIONAL ADDITIONS:

---

- **Strength Work:** Incorporate 1-2 sessions of functional strength exercises (like squats, lunges, and push-ups) each week.
- **Mobility:** Dedicate 10-15 minutes post-run to stretching and foam rolling.
- **Cross-Training:** Substitute one run with cycling, swimming, or a brisk walk if needed.



# PRO TIPS FROM HYROX READY:



## 01 CONSISTENCY IS KEY

Running regularly, even for short durations, builds habits.

## 02 LISTEN TO YOUR BODY

Adjust intensity or take extra rest days if needed.

## 03 CELEBRATE PROGRESS

Running for 10 minutes straight is a huge win—own it!

## 04 PROPER GEAR

Invest in good running shoes and breathable attire to stay comfortable.

This beginner plan will set you up with a solid running foundation - whether you're training for HYROX or simply looking to improve your fitness.

Let's get out there and crush those runs! 💪