

THE PERFECT HYROX WARM-UP

35-40 Minute Race-Day Protocol

Time	Activity	Purpose	Pace/Intensity
-40 to -35 min	Easy jog 5-6 min	Raise core temperature + gently elevate HR	35-40% of HYROX pace (feels easy)
-35 to -32 min	Dynamic mobility (leg swings, A-skips, thoracic rotations)	Open hips, T-spine, ankles for better station mechanics	Controlled, fluid
-30 to -25 min	Pace priming 4-5 x 60-80m build-ups	Neural "memorization" of exact goal Run 1 pace	Start 70% → finish at exact goal pace (walk back recovery)
-23 to -18 min	Mini circuit (light) • 20 SkiErg pulls • 10 air wall balls • 10 alt lunges • 20m sled push/pull	Wake up race movement patterns + prime upper/ lower body	30-40% race load Very easy – just blood flow
-15 to -10 min	Potential block • 2-3 x 30s @ 90-95% goal pace • 8-10 wall balls @ race weight • 10m sled @ race weight	Post-activation potentiation (PAP) → recruit more muscle fibres from Rep 1	Full recovery between (walk + shake out)
-8 to -3 min	Light jog + strides 2-3 x 15-20s	Keep temp & HR elevated (120-140 bpm)	@ goal Run 1 pace Very short, very easy
-3 to 0 min	Toilet → pen → breathe	Calm adrenaline	Stay loose, stay focused

20-Minute Quick Version (Time-Crunched)

Time	Activity	Purpose	Pace/Intensity
-20 to -16 min	Easy jog 4 min	Raise core temp	35-40% HYROX pace
-16 to -14 min	Dynamic mobility (abbreviated)	Open hips, ankles, T-spine	Quick & controlled
-14 to -10 min	Pace priming 4 x 60m build-ups	Lock in goal Run 1 pace	Finish each rep at exact goal pace
-9 to -5 min	Potential • 2 x 20s @ 90% pace • 6 wall balls @ race weight	PAP activation	Full recovery between
-5 to -2 min	Light jog + 2 strides	Keep HR elevated	Easy effort
-2 to 0 min	To starting pen	Deep breaths, stay calm	Controlled