

WEBSITE:

<https://hyroxexperiences.com/hyrox-cruise/october-2026/>

HYROX CRUISE 2026

The Ultimate HYROX Training Experience at Sea

21–25 October 2026 | Mein Schiff 4 | Palma → Marseille → Barcelona → Palma

Tickets are live!

Overview

The **HYROX Cruise 2026** marks the launch of **HYROX Experiences** — a new way to combine high-performance training, community and purposeful travel.

For the first time ever, HYROX takes its global training ecosystem on board a cruise ship, creating the world's first **HYROX Cruise**.

From 21–25 October 2026, 2,300 athletes will come together on the **Mein Schiff 4**, sailing from Palma de Mallorca to Marseille and Barcelona, and back to Palma — transforming the ship into a floating HYROX training camp.

The Training Concept – HYROX at Its Core

At the heart of the HYROX Cruise is a **never-seen-before training concept**, designed to train athletes **holistically, progressively, and across all levels** — from newcomers to elite competitors.

What Makes the Training Unique

- **350+ hours** of expert-led HYROX365 training across four days
- We bring the **world's leading HYROX Training Concepts** and best coaches in the game for training, insights and improvement
- Built around the **four HYROX training pillars**, combining modern concepts with race-specific preparation
- **Multiple daily sessions** running in parallel across different onboard locations
- Training in **unique conditions at sea**, creating a completely new stimulus for body and mind

Dedicated HYROX Training Zones

For this Cruise, we are **building exclusive HYROX Zones on the ship**, each designed to focus on specific areas:

- **Focus:** high Performance Group Trainings, at the location where the Relay Race takes place
- **Deck 12: Pulse:** Community GroupX workouts and workshops
- **Core:** functional fitness, mobility & base conditioning
- **Oxygen:** endurance, intervals & aerobic capacity
- **Muscle:** strength, muscular endurance & technical skills
- **Synergy:** race-specific combination of running, strength & skills
- **Vitality:** additional and complementary training formats

These zones allow participants to experience **holistic training across all pillars** in **unique onboard environments**.

Training Formats

- **HYROX Community GroupX Workouts** with up to 150 participants
- **High Performance Group Trainings**, led by the **world's leading HYROX training concepts**
- **Targeted workout stations** for strength, endurance, engine & race skills, led by best HYROX coaches in the game
- **Technique & performance sessions** to improve efficiency and race execution
- **Workshops** & panel talks covering training methodology, recovery, nutrition & mindset
- **Skill Challenges**, to benchmark yourself against the World's Elite
- **Additional Training formats** like spinning, Stretching & Recovery, Reformer-Classes etc. to complete your training
- **24/7 open gym**, if it is still not enough

Beyond Training

- Exclusive **HYROX Relay race format** – featuring 8 Relays consisting of elite athletes, VIPs, and qualified guests racing in front of all cruise passengers on the top deck
- Curated **shore activities** in Barcelona & Marseille
- Legendary **HYROX Party** for the entire community
- **Entertainment** programs, panel talks, or podcasts in a theater with up to 1,000 seat
- **Aftersun beats and drinks** on the ship's aft deck
- **Customized fitness meals**, protein bars, nutrition advice, and live cooking shows
- **All-inclusive recovery & relaxation:** ocean views, recovery zone on sun decks, spa & wellness
- **Community:** Connect with the whole HYROX Community of athletes, coaches, pros, experts and VIPs

Why the HYROX Cruise

This is more than a vacation or just a training camp. It's a **360° HYROX training camp experience at sea**, fully serviced, internationally connected, designed to push performance — while leaving space to recover, recharge and enjoy life.

Train harder. Learn more. Recover better. Connect deeper.

Welcome to the HYROX Cruise 2026.