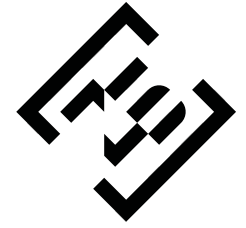


# HYROX

## PROGRAM OVERVIEW



**ZONE5**

### 12 weeks to hyrox

- BLOCK 1**
  - BLOCK 2**
  - BLOCK 3**
  - BLOCK 4**
  - BLOCK 5**
- WEEK 1-4: BASE**  
**WEEK 5-8: PACE**  
**WEEK 9-10: ACCELERATE**  
**WEEK 11: PRIME**  
**WEEK 12: RACE**

#### (BLOCK.WEEK)

Workouts are labeled as (block.week)  
ex. block 2 on the 6th week of training would be (2.6)

### Equipment requirements

#### MINIMUM EQUIPMENT NEEDED

- Sled + rope
- Kettlebells
- Dumbbells
- Ski erg and/or row erg
- Wall ball

#### ADDITIONAL EQUIPMENT

- Sandbags
- Air bike or bike erg
- Barbell/squat rack
- Pull up bar

### Methodology

#### HYROX COMPLETE

- 20-40 Minutes
- Basic daily workout
- Manageable sets and volume

#### HYROX ENGINE

- 40-60 Mins+
- High volume
- Big sets
- Designed to replicate hyrox race intensity
- Mental and physical race prep

#### HYROX INTERVAL

- Includes work:rest ratio
- Focus on pace and/or speed
- Repeating sets designed to develop accurate pacing abilities
- Range between high and low intensity in each workout

#### HYROX STRENGTH

- For quality, not for time
- Focus on lower rep ranges with rest as needed
- Basic weightlifting movements and accessory work

#### HYROX AEROBIC

- Conversational effort
- 40-60 Minutes in duration
- Minimal change in effort throughout

### Programs

#### PRO

- Current experienced athlete/hyrox experience
- Currently on a strength specific program
- 10K Time <45 mins women & <40 mins men

#### OPEN

- No hyrox experience needed
- Understands basic strength/weightlifting movements
- 10K Time <1 hour (women & men)

#### Beginner

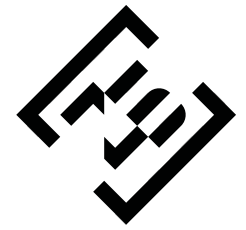
- No hyrox experience
- Minimal or zero weightlifting experience
- 10K Time >1 hour (women & men)



# BLOCK 1

## BASE

### PRO 1.1



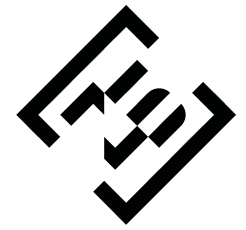
ZONE5

Day	Workout	Notes
<b>DAY 1.</b> <b>HYROX COMPLETE</b>	4 RFT 500M row 15 KB deadlifts (32/24 KG x 2) 20 Wall balls (9/6 KG) 100M farmer carry (32/24 KG x 2)	<ul style="list-style-type: none"> <li>• Pay attention to pace on row, stay consistent</li> <li>• KB deadlifts should be heavy but done in 1 set</li> <li>• Wall balls should be unbroken</li> <li>• Go heavier on farmer carry if desired</li> </ul>
<b>DAY 2.</b> <b>HYROX AEROBIC</b>	45-60 MIN run Finish with 6 x 20 second strides	<ul style="list-style-type: none"> <li>• Conversational pace</li> <li>• During strides, start slow and build to sprint effort for the last 6-10 steps</li> </ul>
<b>DAY 3.</b> <b>HYROX COMPLETE</b>	4 RFT 12.5M sled push-ahap 400M run 15 headcutters (32/24 KG)	<ul style="list-style-type: none"> <li>• AHAP = as heavy as possible</li> <li>• Headcutters should be heavy enough where you may need to break into 2 sets</li> </ul>
<b>DAY 4.</b> <b>HYROX STRENGTH</b>	4x Goblet squat x 20 DB bench press x 15 Chin ups x failure MAX bike sprint x 30 SEC 90 SEC rest  4x Bulgarian split squats x 10 each leg DB shoulder press x 15 200M loaded carry DB curls x 12 each (100M front rack/100M farmer carry)	<ul style="list-style-type: none"> <li>• This is for quality, not for time</li> <li>• Choose weights where the last 3 reps are very challenging</li> <li>• If unable to do chin ups, do trx or ring rows</li> <li>• Movements are meant to be done one after the other with minimal rest. rest 90 seconds after each round</li> <li>• On the loaded carry, use the same weight for both. hold kbs or dbs in front rack position for the first 100m, then switch to a farmer carry hold for the second 100m</li> <li>• Rest as needed throughout</li> </ul>
<b>DAY 5.</b> <b>HYROX COMPLETE</b>	For time: 3 rounds 800-400-200M run 30-20-10 Alt DB snatch Goblet squat Goblet lunge 12.5M sled push after each round	<ul style="list-style-type: none"> <li>• Workout is 3 rounds total, with descending reps each round (sled push remains the same throughout)</li> <li>Round 1: 800m run and 30 reps of each mvmt</li> <li>Round 2: 400m run and 20 reps of each mvmt</li> <li>Round 3: 200m run and 10 reps of each mvmt</li> </ul>

# BLOCK 1

## BASE

### PRO 1.2



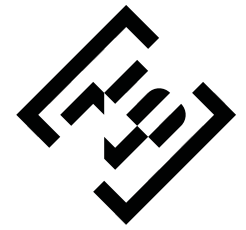
ZONE5

Day	Workout	Notes
<b>DAY 1.</b> <b>HYROX COMPLETE</b>	25 MIN amrap 5-10-15-20-25-etc KB deadlift (32/24 KG x 2) 10-20-30-40-50-etc Wall balls (9/6 KG) *200M run after each round	<ul style="list-style-type: none"> <li>Continue up the ladder until you reach 25 minutes</li> <li>200M run does not change throughout</li> <li>Round 1: 5 KB DL/5 FR lunge/10 wallballs/200m run</li> <li>Round 2: 10 KB DL/10 FR lunge/20 wallballs/200m run</li> <li>Round 3: 15 KB DL/15 FR lunge/30 wallballs/200m run--etc</li> </ul>
<b>DAY 2.</b> <b>HYROX AEROBIC</b>	50-60 MINS 5:00 Bike 5:00 Row 5:00 Ski All at an easy yet consistent pace	<ul style="list-style-type: none"> <li>Work for 50-60 minutes total</li> <li>Pay attention to pace throughout and stay consistent</li> <li>Conversational pace, but you should break a sweat</li> </ul>
<b>DAY 3.</b> <b>HYROX COMPLETE</b>	4 RFT 400M run 10 DB thruster (24/16 KG x 2) 12 Burpee broad jump	<ul style="list-style-type: none"> <li>DB thrusters should be unbroken, but they should be heavy enough where you couldn't do 5 more</li> <li>Plant hands close to feet in order to maintain the burpee broad jump standard</li> </ul>
<b>DAY 4.</b> <b>HYROX STRENGTH</b>	100 CAL row Every 2:00 10 x bench press  4x 25 Back squats (unbroken) 10 CAL bike sprint 2:00 Rest after each round 400M suitcase carry (switch arms as needed)	<ul style="list-style-type: none"> <li>100 CAL row should be a moderate pace</li> <li>Stop every 2 mins and complete 10 x bench press. (build each round)</li> <li>Back squats should be unbroken, build each round</li> <li>Go immediately into the 10 CAL bike sprint</li> <li>Suitcase carry: switch arms as needed but don't come to a complete stop at any point</li> </ul>
<b>DAY 5.</b> <b>HYROX COMPLETE</b>	For time 30-20-10 Alt DB snatch 12.5M sled pull (arms only) *200M farmer carry after each round (32/24 KG)	<ul style="list-style-type: none"> <li>3 Rounds total</li> <li>DB snatch reps decrease each round</li> <li>Sled pull should be ahap, no walking back</li> <li>Farmer carry should be heavy enough where you need to break at least 1 time during each 200m</li> </ul>

# BLOCK 1

## BASE

### PRO 1.3



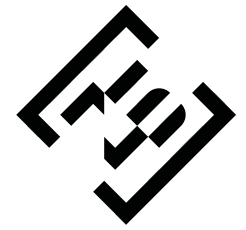
ZONE5

Day	Workout	Notes
<b>DAY 1.</b> <b>HYROX COMPLETE</b>	For time 50-40-30-20-10 Wall balls (9/6 KG) 21-18-15-12-9 KBS (32/24 KG) *400M run after each round *every time you break on wall balls, complete 10 burpees	<ul style="list-style-type: none"> <li>• 5 Rounds, reps decrease each round</li> <li>• 400M run remains the same</li> <li>• A break on wall balls is any time movement stops or ball drops              Round 1: 50 wall balls/21 KBS/400M run              Round 2: 40 wall balls/18 KBS/400M run              Round 3: 30 wall balls/15 KBS/400M run-etc              (+ penalty burpees if you break on wall balls)</li> </ul>
<b>DAY 2.</b> <b>HYROX AEROBIC</b>	50 MIN progressive run Increase pace every 10 mins so last 10 mins is fastest/hardest effort	<ul style="list-style-type: none"> <li>• If you have a gps watch with your pace, use it and take splits to record data</li> <li>• The last 10 mins should feel harder than race effort</li> </ul>
<b>DAY 3.</b> <b>HYROX COMPLETE</b>	For time 100M farmer carry 21-18-15-12-9-6-3 DB hang clean db push press DB front squat (24/16 KG x 2)	<ul style="list-style-type: none"> <li>• 7 Rounds total</li> <li>• Each round starts with a 100m farmer carry</li> <li>• This will be grippy!</li> <li>• Use the same weight throughout for all movements</li> </ul>
<b>DAY 4.</b> <b>HYROX STRENGTH</b>	4x Barbell RDL x 8 DB split squat jump x 10 25M sled sprint 90 SEC rest  4x Bench press x 20 KBS x 20 KBS x 20 10 CAL ski sprint 90 SEC rest	<ul style="list-style-type: none"> <li>• For quality, not for time</li> <li>• Build RDL weight</li> <li>• DBS should be light for split squat jump</li> <li>• Sled push: use 1/2 "normal" weight (what you normally use in training)</li> <li>• Rest after each complete round</li> <li>• Bench press: build each round</li> <li>• Movements should be back to back with rest after each round</li> </ul>
<b>DAY 5.</b> <b>HYROX COMPLETE</b>	4 RFT 20 DB front rack lunge (24/16 KG x 2) 15 HR push ups 10 CAL ski 3 Wall walks	<ul style="list-style-type: none"> <li>• Lunges should be unbroken</li> <li>• Push ups should be strict: no sagging core, hips and shoulders in line</li> <li>• HR = hand release at bottom of push up</li> <li>• Wall walks:              Start on ground with feet against wall.              Push up and walk hands towards the wall and feet up the wall.              Don't arch back, keep neutral pelvis              Get nose as close to the wall as possible while maintaining technique</li> </ul>

# BLOCK 1

## BASE

### PRO 1.4

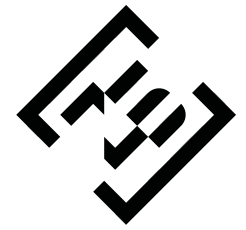


ZONE5

Day	Workout	Notes
<b>DAY 1.</b> <b>HYROX COMPLETE</b>	For time 30-20-10 DB push press (24/16 kg) 10-10-10 Strict pull up 30-20-10 Alt DB snatch *800M run after each round	<ul style="list-style-type: none"> <li>• 3 rounds, decrease reps except strict pull ups and 800m run remain the same</li> <li>• Sub inverted bar rows for strict pull ups if needed</li> <li>Round 1: 30 DB push press/10 strict pull ups/30 alt DB snatch/800M run</li> <li>Round 2: 20 DB push press/10 strict pull ups/20 alt DB snatch/800M run--etc</li> </ul>
<b>DAY 2.</b> <b>HYROX AEROBIC</b>	1.6 KM run warm up 12 x 200M at 90% effort 1 MIN easy jog between 1.6 KM run cool down	<ul style="list-style-type: none"> <li>• Each effort should be a build to 90% effort</li> <li>• Focus on quick turnover</li> <li>• Recovery job should be super slow/easy if not walk</li> </ul>
<b>DAY 3.</b> <b>HYROX COMPLETE</b>	4 RFT 400M ski/row 400M run 25M sled push ahap	<ul style="list-style-type: none"> <li>• Ski/row: moderate pace</li> <li>• Run: race pace</li> <li>• Sled push: sled should be as heavy as possible</li> </ul>
<b>DAY 4.</b> <b>HYROX STRENGTH</b>	4x Split squat x 10 each KB deadlift x 20 DB bench press x 20 60 SEC rest  4x 10 CAL ski 5-8 Strict pull ups 12,5M sled pull 60 SEC rest	<ul style="list-style-type: none"> <li>• For quality, not for time</li> <li>• Split squat: complete all 10 reps on one leg before switching to the other. Feet should remain planted in lunge for entirety of set</li> <li>• KB deadlift and db bench press should be unbroken</li> <li>• Modify strict pull ups to inverted bar rows if needed</li> <li>• Sled pull should be arms only</li> <li>• Test at the end of each round</li> </ul>
<b>DAY 5.</b> <b>HYROX COMPLETE</b>	30 MIN amrap 3-6-9-12-15-etc KBS (32/24 kg) Headcutter (32/24 kg) Burpee broad jump *10 CAL sprint after each round (any machine)	<ul style="list-style-type: none"> <li>• Continue ascending rep ladder until 30 MINS are up</li> <li>• Each movement (except for cals) should increase by 3 reps each round</li> <li>• Each round should end with a 10 CAL sprint</li> <li>Round 1: 3 KBS/3 headcutter/3 burpee broad jump/10 CAL sprint</li> <li>Round 2: 6 KBS/6 headcutter/6 burpee broad jump/10 CAL sprint</li> <li>Round 3: 9 KBS/9 headcutter/9 burpee broad jump/10 CAL sprint--etc</li> </ul>

# BLOCK PACE

## PRO 2.5



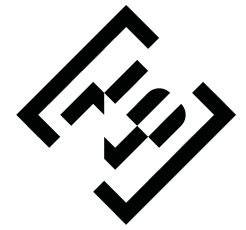
ZONE5

Day	Workout	Notes
<b>DAY 1.</b> <b>HYROX COMPLETE</b>	For time 30-25-20-15-10 CAL ski HR push ups DB push press (24/16 kg) KB deadlift (32/24 kg)	<ul style="list-style-type: none"> <li>• Push ups should be strict: no sagging core, hips and shoulders in line</li> <li>• HR = hand release at bottom of push up</li> <li>• Option to go heavier on kb deadlift</li> <li>• Expect to break up sets</li> </ul>
<b>DAY 2.</b> <b>HYROX INTERVAL</b>	6 x 4 MIN amrap 4:00 On/2:00 off 400M run 12 Headcutters (32/24 kg) MAX CAL bike	<ul style="list-style-type: none"> <li>• Each round should be a 90% effort</li> <li>• Goal is pacing and consistency across rounds</li> <li>• Headcutters should be unbroken</li> <li>• Score number = of CALS</li> </ul>
<b>DAY 3.</b> <b>HYROX AEROBIC</b>	5K row E2MOM 5 x burpee over rower	<ul style="list-style-type: none"> <li>• Starting at 0:00, complete 5 burpees over the rower</li> <li>• Continue rowing until you reach 5000m while stopping every 2 minutes on the minute to do 5 burpees over the rower</li> </ul>
<b>DAY 4.</b> <b>HYROX RUN INTERVAL</b>	6 x 400M run 2 MINS rest after each	<ul style="list-style-type: none"> <li>• Each 400m should be faster than race pace</li> <li>• Record each 400m split</li> <li>• Log results and note changes in pace, what you are able to hold, etc.</li> <li>• The goal should be to find what pace you can maintain without leaving anything in the tank</li> </ul>
<b>DAY 5.</b> <b>HYROX ENGINE</b>	For time 1000M row/ski  4x 50M db lunge (24/16 kg x 2] 25 Wall balls 400M run  100/75 CAL bike	<ul style="list-style-type: none"> <li>• The 1000m row or ski is to be done once as a buy in</li> <li>• The 100/75 cal bike is to be done once as a cash out</li> <li>• DB lunges can be done as front rack or to your sides</li> <li>• The sled push can be broken up in any way throughout</li> <li>• Weight on the sled should be ahap (as heavy as possible)</li> </ul>

\*accumalate 100m sled push throughout

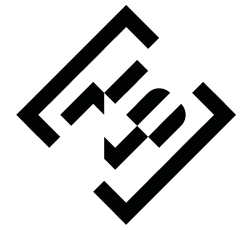
# BLOCK PACE

## PRO 2.6



ZONE5

Day	Workout	Notes
<b>DAY 1.</b> <b>HYROX COMPLETE</b>	3 RFT 200M farmer carry (32/24 KG x 2) 15 KBS (32/24 KG) 30 Goblet squat (32/24 KG) 400M ski or row	<ul style="list-style-type: none"> <li>• Use the same weight throughout: 1 KB for kbs and goblet squat/2 KBS for farmer carry</li> <li>• Farmer carry weight should be heavy enough where you need to set the KBS down 1-2 times</li> </ul>
<b>DAY 2.</b> <b>HYROX INTERVAL</b>	20 MIN alt EMOM :50 on/:10 off Front rack kb lunge (24/16 KG x 2) Strict pull ups/push ups 200M run Rest	<ul style="list-style-type: none"> <li>• Alternate movements each minute</li> <li>• Work 50 seconds, use the 10 seconds rest to transition</li> <li>• Do a max set of strict pull ups followed by push ups in the time remaining</li> <li>• If you are unable to do strict pull ups, do push ups only</li> </ul>
<b>DAY 3.</b> <b>HYROX AEROBIC</b>	60 MIN run Within the 60 min window, complete 2 x 15 min pick ups	<ul style="list-style-type: none"> <li>• The 15 min pick ups can be done at any time</li> <li>• Pace should be lactate threshold hold, or a pace you can maintain for 15 minutes just below the point of discomfort</li> </ul>
<b>DAY 4.</b> <b>HYROX INTERVAL</b>	3 Rounds 1:00 on/1:00 off sled push Sled pull DB box over Headcutter (32/24 KG) Push ups	<ul style="list-style-type: none"> <li>• 1 MIN at each movement station</li> <li>• Alternate movements</li> <li>• 1 MIN rest between each</li> <li>• You should be working hard the entirety of the minute</li> </ul>
<b>DAY 5.</b> <b>HYROX ENGINE</b>	For time 100/75 CAL bike or ski 100 Back squat (60/45 KG) 1.6 KM run 100 KBS (24/16 KG) 100/75 CAL bike or ski 100 headcutters (24/16 KG) *Every break complete 100m farmer carry (32/24 KG x 2)	<ul style="list-style-type: none"> <li>• Back squats: choose a weight that you can get at least a set of 30 unbroken while fresh</li> <li>• KBS and headcutter weight should be slightly lighter than usual</li> <li>• Every time you break, complete 100m farmer carry (only applies for back squat, kbs, and headcutters)</li> <li>• It is considered a break on back squats if you put the bar down</li> <li>• It is considered a break on kbs and headcutters if movement stops</li> </ul>



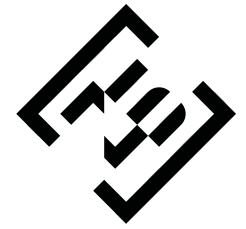
Day	Workout	Notes
<b>DAY 1. HYROX COMPLETE</b>	<p>For time 30-25-20-15 KB deadlift (32/24 KG x 2) DB/KB lunge (24/16 KG x 2) Headcutter (32/24 KG) 100M farmer carry (32/24 KG x 2)</p>	<ul style="list-style-type: none"> <li>• Weight should be the same for KB deadlift and farmer carry</li> <li>• Lunges can be done with a front rack hold or to the sides</li> <li>• Headcutter: use 1 of the kbs you used for the farmer carry and deadlift</li> </ul>
<b>DAY 2. HYROX INTERVAL</b>	<p>5 x 3 MIN amrap 3:00 On/3:00 off 10 Devils press (24/16 KG x 2) 6 Burpee box jump over MAX cal bike</p>	<ul style="list-style-type: none"> <li>• Devils press should be done in 90 seconds or less (lower reps if needed)</li> <li>• Each round should be a sprint effort</li> <li>• Goal is to find a pace where you can go hard but maintain while having a 1:1 work/rest ratio</li> <li>• Score=CALS (stay consistent)</li> </ul>
<b>DAY 3. HYROX RUN INTERVAL</b>	<p>4 x 1000M run at race pace 2 MINS rest after each</p>	<ul style="list-style-type: none"> <li>• Record each 1000M split</li> <li>• Log results and note changes in pace, what you are able to hold, etc.</li> <li>• The goal should be to find what pace you can maintain without leaving anything in the tank</li> </ul>
<b>DAY 4. HYROX COMPLETE</b>	<p>0:00-12:00 Amrap 15 Wall balls (9/6 KG) 12 DB push press (24/16 kg x 2) 9 CAL ski 12:00-22:00 Amrap 12.5m Sled push ahap 200m Run 22:00-30:00 Amrap 8 Headcutters (32/24 kg) 10 Burpees</p>	<ul style="list-style-type: none"> <li>• Each amrap goes immediately into the next</li> <li>• Sled push should be as heavy as possible</li> <li>• Focus on going right into the run- rest if needed after the run, not between sled and run</li> <li>• Headcutters should be done unbroken</li> </ul>
<b>DAY 5. HYROX ENGINE</b>	<p>3x 30/20 CAL bike 25M sled push ahap 12.5M burpee broad jump 400M run Into 3x 30/20 CAL ski 20 KB deadlift (32/24 KG x 2) 100M farmer carry (32/24 KG x 2) 25 Wall balls (9/6 KG)</p>	<ul style="list-style-type: none"> <li>• Focus on consistent and steady pace throughout</li> <li>• Recover on run as needed</li> <li>• KB deadlift and farmer carry weight should be the same</li> <li>• Go unbroken on wall balls</li> </ul>



# BLOCK

## PACE

PRO 2.8



ZONE5

### Day

### Workout

### Notes

**DAY 1.**  
**HYROX COMPLETE**

5 RFT  
12.5M sled pull  
12 Alt DB snatch (24/16 KG)  
25 Wall balls (9/6 KG)  
200M ski

- Sled pull; practice both walk back method and arms only, adjust weight as needed
- Wall balls should be unbroken

**DAY 2.**  
**HYROX INTERVAL**

E2MOM x 10  
12.5M sled push  
200M sprint  
Rest in time remaining

- The focus is getting used to running immediately after the sled
- Run what "feels" like a sprint after the sled push

**DAY 3.**  
**HYROX RUN INTERVAL**

8 x 400M run  
2 MINS rest after each

- Challenge yourself to see what you're capable of- push the pace on these 400S
- Keep track of your splits and see where you fall off
- Goal should be to find your breaking point

**DAY 4.**  
**HYROX INTERVAL**

Every 3:30 x 5  
30 Wall balls  
200M sprint  
Rest in time remaining

- Focus is speed
- Wall balls unbroken
- No rest, immediately into the 200M sprint

**DAY 5.**  
**HYROX ENGINE**

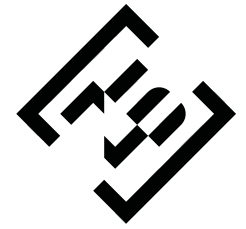
3 RFT  
500M ski/row  
100FT or 25M kb lunge (24/16 KG x 2)  
100M farmer carry (32/24 KG x 2)  
1000M run  
\*Accumulate 100m sled push or pull throughout

- Lunges can be front rack hold or KB/DBS to your sides
- Sled push or pull can be broken up throughout, as long as you reach the designated distance total

# BLOCK

## ACCELERATE

PRO 3.9



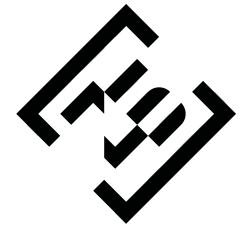
ZONE5

Day	Workout	Notes
<b>DAY 1.</b> <b>HYROX INTERVAL</b>	5 Rounds 500M run *Movement 500M run 2 MINS rest  Round 1: 500M ski Round 2: 40 burpee broad jumps Round 3: 200M farmer carry Round 4: 80 sandbag lunge (30/20KG) Round 5: 100 wall balls (9/6 KG) (32/24 KG x 2)	<ul style="list-style-type: none"><li>• Focus is on run pace</li><li>• Each round starts and ends with a 500M run</li><li>• Take splits of each run</li><li>• Each run should feel like a race pace effort</li><li>• The movement will change each round</li><li>• Do the movement that corresponds to the round</li></ul>
<b>DAY 2.</b> <b>HYROX ENGINE</b>	For time 50-40-30-20-10 CAL ski DB push press (24/16 KG) Alt DB snatch (24/16 KG) DB front squat (24/16 KG x 2)	<ul style="list-style-type: none"><li>• Steady pace</li><li>• Break up db movements as needed</li></ul>
<b>DAY 3.</b> <b>HYROX RUN INTERVAL</b>	12 x 200M max effort 90 SEC Rest after each	<ul style="list-style-type: none"><li>• Each 200m should be a build to sprint</li><li>• Start at 80% effort for first 100m, build to sprint for the remainder</li><li>• Record splits</li></ul>
<b>DAY 4.</b> <b>HYROX INTERVAL</b>	Every 5:00 x 6 15/10 CAL bike 12.5M sled push 200m run Rest in time remaining	<ul style="list-style-type: none"><li>• Focus on running immediately after the sled push and on speed/turnover of your legs</li><li>• The runs won't feel fast but see what your legs can do while compromised</li></ul>
<b>DAY 5.</b> <b>HYROX ENGINE</b>	For time 50-30-10 CAL bike Wall balls (9/6 kg) Dual KB front rack lunge (24/16 x 2) DB push press (24/16 x 2) *800m run after each round	<ul style="list-style-type: none"><li>• Steady pace throughout</li><li>• Record 800m run splits to see variance per round</li></ul>

# BLOCK

## ACCELERATE

### PRO 3.10

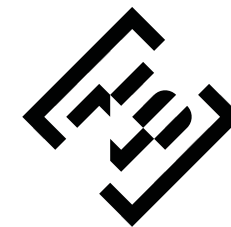


ZONE5

Day	Workout	Notes
<b>DAY 1.</b> <b>HYROX INTERVAL</b>	8 Rounds 400M run 25 Reps 2:00M rest  Round 1: Wall balls Round 2: DB lunge Round 3: KB deadlift Round 4: DB front squat Rounds 5-8: Repeat	<ul style="list-style-type: none"> <li>• Focus is on run speed</li> <li>• Record splits for each, try to stay consistent but aim for faster than race pace</li> <li>• Do 25 reps of the corresponding movement immediately after the run</li> <li>• You will go through each movement 2x total</li> <li>• 2:00 Rest after each round</li> </ul>
<b>DAY 2.</b> <b>HYROX ENGINE</b>	4 RFT 1000M run 25M sled push 40 back rack walking lunge	<ul style="list-style-type: none"> <li>• 1000M runs should feel like race effort</li> <li>• Sled push should be AHAP (as heavy as possible)</li> <li>• For lunges, choose any way to add weight on back (sandbag, barbell, etc)</li> <li>• If using a barbell, go heavy enough that you'd break after 20 reps</li> </ul>
<b>DAY 3.</b> <b>HYROX RUN INTERVAL</b>	6 x 400M hard 2 MINS rest	<ul style="list-style-type: none"> <li>• Don't hold back on these 400S</li> <li>• See where you can hang and where you fall off</li> <li>• Record splits</li> </ul>
<b>DAY 4.</b> <b>HYROX INTERVAL</b>	5 Rounds 15 CAL bike 10 Burpee broad jumps 30 Wall balls 15 CAL bike 1:00 Rest	<ul style="list-style-type: none"> <li>• Each round is an 80-100% effort</li> <li>• Wall balls should be unbroken</li> <li>• Push on the bike but pay attention to rpm and don't fall off</li> <li>• Adjust weight as needed throughout</li> </ul>
<b>DAY 5.</b> <b>HYROX ENGINE</b>	Partition any way For time: (32/24 KG) 1000M ski 1000M row 1000M run 75 Goblet squat 75 KBS 50 Headcutters 50 Burpee broad jump 50 CAL bike 100M sled push	<ul style="list-style-type: none"> <li>• Partition reps in any way, in any order</li> <li>• Goal is completion in 50 minutes or less</li> <li>• Use the same KB weight throughout</li> </ul>

# BLOCK PRIME

PRO 4.11

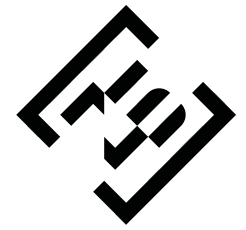


ZONE5

Day	Workout	Notes
<b>DAY 1.</b> <b>HYROX ENGINE</b>	3 RFT 35 CAL bike 400M run 30 Sandbag lunge (30/20KG) 500M ski 100M farmer carry (32/24 KG x 2)	<ul style="list-style-type: none"><li>• Watch RPM on bike and stay consistent</li><li>• If no sandbag, use db or barbell on back</li><li>• 100M farmer carry should be unbroken</li></ul>
<b>DAY 2.</b> <b>HYROX COMPLETE</b>	25 MIN amrap 25M sled push 500M run or row 20 Wall balls (9/6 KG)	<ul style="list-style-type: none"><li>• This should be a moderate-recovery pace</li><li>• Stay steady and consistent</li><li>• Run or row, depending on what you're feeling for the day</li></ul>
<b>DAY 3.</b> <b>HYROX RUN INTERVAL</b>	4 X 800M run @ race pace	<ul style="list-style-type: none"><li>• These should feel fresh</li><li>• Run at what you feel is race pace</li><li>• Record splits</li></ul>
<b>DAY 4.</b> <b>HYROX AEROBIC</b>	45-60 MIN run 6 x 1 MIN pickup 2 MINS easy between each	<ul style="list-style-type: none"><li>• Complete 6 x 1 MIN pick up/2 MIN easy at some point during the run</li><li>• The pickup can be hard-moderate depending on how you're feeling</li></ul>
<b>DAY 5.</b> <b>HYROX ENGINE</b>	5 Rounds 800M run *Choose 5 hyrox stations you'd like to run through	<ul style="list-style-type: none"><li>• Choose any 5 hyrox movements</li><li>• Go in race order</li><li>• Goal should be race pace or race feel</li></ul>

# BLOCK RACE

PRO 5.12



ZONE5

Day	Workout	Notes
<b>DAY 1.</b> <b>HYROX COMPLETE</b>	4 RFT 500M row 20 KB deadlift (32/24 KG x 100M farmer carry (32/24 KG x 2) 12.5M sled pull	<ul style="list-style-type: none"><li>• Moderate pace</li><li>• Practice different types of sled pull technique: arms only, full body, walk back</li><li>• Go lighter on kb deadlift and farmer carry if you want to lower the intensity</li></ul>
<b>DAY 2.</b> <b>HYROX AEROBIC</b>	40 MIN amrap Machine CALS: 10-15-20-25-30-etc Rotate between ski/bike/row	<ul style="list-style-type: none"><li>• Moderate pace</li><li>• Go by feel, if you feel good and want to add intensity do the first 10 cal of each movement as a sprint or hard effort followed by recovery</li></ul>
<b>DAY 3.</b> <b>HYROX INTERVAL</b>	8x 200M build to sprint 10 Burpee broad jump 1 MIN rest	<ul style="list-style-type: none"><li>• These should feel fresh</li><li>• Build to a sprint</li><li>• Adjust the number of burpee broad jumps as desired</li></ul>
<b>DAY 4.</b> <b>HYROX AEROBIC</b>	45 MIN easy run	<ul style="list-style-type: none"><li>• This should be a "feel good" jog</li><li>• Option to switch to row/ski/bike</li></ul>
<b>DAY 5.</b> <b>HYROX AEROBIC</b>	Optional: 20-30 MIN shake out run	<ul style="list-style-type: none"><li>• Totally optional depending on how you're feeling</li><li>• Only if you think your legs will benefit from a quick/easy</li><li>• Don't stress about getting it in</li></ul>