

ESTABLISHED IN 1910

GET STARTED GET ROX-READY

TRAINING PLAN



GREATNESS WITHIN

OBJECTIVE

This workout is for those wishing to get involved in their first HYROX race-day experience. HYROX is a demanding endurance event that needs both a great cardiovascular system and general strength abilities to be able to get through as best you can. It's a truly amazing experience, all be it a difficult one! So, let's make it as comfortable as possible and give you some training tips.

FACTS

Training for a HYROX requires plenty of dedication and structure in order to make the most of the day. By improving your fitness levels (VO2 max) and by building specific functional strength you will start to build solid foundations to achieve your goal.

Running is a big factor in HYROX with 8km of running in between 8 workout stations of varying physical demand. Your ability to run at a pace you feel comfortable with will greatly depend on your ability to run under fatigue and manage your heart rate. By increasing VO2 max you in turn build a bigger capacity to handle more demand.

Secondly the functional moves used in HYROX require specific movement patterns to help you focus on the task at hand. General strength movements apply here as during this phase we simply build your load in each prime movement such as pushing, pulling, jumping, rotating and running.

FOOD & DIET

Food at this stage for your training is important. Having too little food will impact performance and having too much may also have similar outcomes. Ensure you eat a balanced diet and as many whole foods as you can to ensure your body recovers well and has the fuel to handle the demand of such big workouts. Speak to one of our Fitness Coaches to find out more.

THE PLAN

TRAINING FREQUENCY

- + 2x per week minimum in the gym alongside 2x running sessions outside

SLEEP

- + A minimum of 6hrs sleep

HYDRATION

- + Roughly 6–8 glasses per day

SESSION 1 GYM

WARMUP

MOBILITY

Air Squats, Walk Outs, Low Lunge with Thoracic Opener, 90/90 Hip Rolls, Scorpions / 45secs per move

PULSE RAISER

3mins Bike or Treadmill

TRAINING

EXERCISE	SETS & REPS/TIME	RECOVERY
Leg Press	3x12-15	30-45 Sec
DB Step Ups	3x12-15	30-45 Sec
Chest Press	3x12-15	30-45 Sec
Sled Push	30 Sec	30-45 Sec
DB Push Press	3x12-15	30-45 Sec
DB Lunges	3x12-15	30-45 Sec
Plank Supermans	3x12-15	30-45 Sec

TIPS

- + Each movement requires 3 sets of 12-15 reps unless otherwise stated.
- + Use progressive overload theory to help develop more demand. I.e. Put more weight on week to week.

CARDIO

DISTANCE/EFFORT	EXCERCISE	REST
500M at 7/10	Ski-Erg	N/A
2x250m at 9/10	Ski-Erg	30 Sec

SESSION 2 INTERVAL RUN

WARMUP

MOBILITY

90/90 Hip Rolls, Air Squats, Walk Outs, Quad Stretch, Glute Stretch / 45secs per move

WARM UP

Slow 2 minute jog

TRAINING

EXERCISE	INTERVALS	EFFORT	RECOVERY
500M Fast Run	5	9/10 60–90% of Max HR	1 min standing 1 min walk/slow jog

TIPS

+ The recovery won't feel long enough but try to take deep breaths and relax.

COOLDOWN

TIME	EXCERCISE/STRETCH
5 Mins	Walk
5–10 Mins	Quads, Glutes, Hamstrings, Glutes, Calves

SESSION 2 GYM

WARMUP

MOBILITY

Air Squats, Walk Outs, Low Lunge with Thoracic Opener, 90/90 Hip Rolls, Scorpions / 45secs per move

PULSE RAISER

3mins Bike or Treadmill

TRAINING

EXERCISE	SETS & REPS/TIME	RECOVERY
Deadlifts	3x12-15	30-45 Sec
Box Jumps	3x12-15	30-45 Sec
Push Ups	3x12-15	30-45 Sec
KB Farmers March	30 Sec	30-45 Sec
Split Lunges	3x12-15	30-45 Sec
Single Arm Cable Rows	3x12-15	30-45 Sec
Cable Core Rotations	3x12-15	30-45 Sec

TIPS

- + Each movement requires 3 sets of 12-15 reps unless otherwise stated.
- + Use progressive overload theory to help develop more demand. I.e. Put more weight on week to week.

CARDIO

DISTANCE/EFFORT	EXCERCISE	REST
500m at 7/10	Rower	N/A
2x250m at 9/10	Ski-Erg	30 Sec

SESSION 4 LONG RUN

WARMUP

MOBILITY

90/90 Hip Rolls, Air Squats, Walk Outs, Quad Stretch, Glute Stretch / 45secs per move

WARM UP

Slow 2 minute jog

TRAINING

EXERCISE	DISTANCE	EFFORT
RUN	5KM	6-7/10 60-70% of Max HR

TIPS

- + Start to add more distance on each week but don't exceed 8km. This run can be broken down into walk/run if you struggle to maintain the heart rate. The heart rate is the most important factor.

COOLDOWN

TIME	EXCERCISE/STRETCH
5 Mins	Walk
5-10 Mins	Quads, Glutes, Hamstrings, Glutes, Calves

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TRACK YOUR EFFORTS

Using a Myzone Belt & the Everlast Gyms App

TRACK YOUR PROGRESS

By having an InBody Scan and using Myzone apps.



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