

SESSION 1: STATIONS

A. GENERAL

EMOM 8

0:40 on, 0:20 Rest/Transition

1- Row / Ski

2- Squat Thrusts: [MOVEMENT DEMO](#)

3- Row / Ski

4- Walking Lunge + Rotation:

[MOVEMENT DEMO](#)

B. MOBILITY / ACTIVATION

1. 5-10 Inchworms into Cobra:

[MOVEMENT DEMO](#)

C. SPECIFIC

Have members decide their starting stations.

STATIONS

3:00 / 1:00 x 8

1- Max Distance on SkiErg

2- Max Distance on Sled Push / Plate Push

3- Max Distance Sled Pull or Banded Pull

4- Max Distance Burpee Broad Jumps

5- Max Distance Row

6- Max Distance Farmer's Carry

7- Max Distance Sandbag Lunges

8- Max Rep Wall Balls

NOTES:

TIMING: 32:00

EQUIPMENT: Ski & Row Erg, Sled or Plate, Rubber plate, Kettlebells, Sandbags, Medicine Balls

RPE: 6-7/10: 3:1 Work to Rest ratio, start workout with RPE 6-7, Some stations will be more intense than others.

We're kicking off the HYROX Focus program with a session that focuses on the stations with no running. This session is a continuous chipper style effort with members moving from one station to the next, never to see the previous station again.... Until the next session.

The order of the stations here are as written in the HYROX race. To help with equipment management, if members start at different stations, it's best to maintain the order as written. If they start their workout at the Row, they will end their workout on the burpee broad jumps.

SLED WORK:

There are 2 stations that use the sled and they're back-to-back. If you do not have enough sleds to perform both stations, here are some options to replace the stations:

SLED PUSH:

- Plate Push - Band Resisted KB Touches: [MOVEMENT DEMO](#)

- Double KB Front Rack Stationary March: [MOVEMENT DEMO](#)

SLED PULL:

- Band Resisted Hip Extension + Single Arm Rows: [MOVEMENT DEMO](#)

- Kettlebell Swing

- Plank Dumbbell Drag Throughs: [MOVEMENT DEMO](#)

SLED WEIGHT:

- The weight for the session for both sled movements should be a load that members can move consistently with some short break.

- Use the minute of rest in the transition period to address the loading on the sled for the next athlete.

SESSION 2: AREOBIC/ RUNNING

A. GENERAL

400-800m Jog
 2-3 rounds of
 250m Row / 500m Bike
 50' A Skip: [MOVEMENT DEMO](#)
 50' Butt Kicks: [MOVEMENT DEMO](#)

Cap: 10:00

B. MOBILITY / ACTIVATION

Plank down dog + Calf Pedals
 10 Reps, 10 Calf pedals / rep:
[MOVEMENT DEMO](#)

C. SPECIFIC

Split members into groups, and go over the order.

AEROBIC

5:00 Row
 5:00 Ski
 5:00 Bike
 5:00 Run / 800-1000m
 3:00 Row
 3:00 Ski
 3:00 Bike
 3:00 Run / 400-800m
 Rest 0:30 Between Sets

NOTES:

TIMING: 35:30

EQUIPMENT: Row / Ski / Bike Erg (or Fan Bike) Runner optional

RPE: 6/10. This is an Aerobic workout so we should be under control and able to finish strong on the last run.

This session is all about the engine and aerobic capacity of the three sessions. This one will feel the easiest but this doesn't mean there's no benefit! In this session members are essentially performing 2 rounds of rowing, skiing, biking & running. The first round they'll have 5 minute intervals, the second round will be 3 minutes. After each interval members will have a 30 second break to change stations and quickly recover.

To help us increase our aerobic capacity, we need to stay in a steady state in which we have full control. Members should be able to perform their 3 minute intervals at the same pace or slightly faster.

MACHINE WORK:

- To help with equipment management, members can be split into 3 groups, each group starting on a different machine.
- It doesn't matter here where athletes go, but whatever machines they use, they should stick to that order:
- Group 1: Row into Ski into Bike then Run
- Group 2: Ski into Bike into Row then Run
- Group 3: Bike into Row into Ski then Run

SESSION 3: RACE

A. GENERAL

2:00 Machine (Row, Ski or 600m Run)

AMRAP 5

- 5 Medicine Ball Squats + 5 Wall Balls
- 5/5 Side Bends with Kettlebell
- 5 Broad Jumps

B. SPECIFIC

Set up at Stations

RACE (INDIVIDUAL)

3 Rounds of:
250/200m Ski
200m Run
50'-100' Sled Push

—
Rest 2:00

—
2 rounds of:
200m Run
100' Burpee Broad Jumps
200m Run - Rest 1:00 Between
Rounds

—
Rest 2:00

—
3 Rounds of
250/200m Row
200 Run
100' Farmer's Carry

—
Rest 2:00

—
50-75 Wall Balls or Max Rep in
remaining time

Time Cap: 40:00

NOTES (INDIVIDUAL):

TIMING: 40:00

EQUIPMENT: Ski erg, Rower, Sleds & Kettlebells

RPE: 9/10. This workout is an intense workout that's designed to hit race specific transitions.

We have a 4 part workout today all with the goal of hitting race specific transition practice but also to get to the wall balls station under quite a bit of fatigue.

EQUIPMENT MANAGEMENT

- We've designed this workout to have 4 stations with different equipment to help with creating groups in which no equipment overlap will happen.
- Some of these workouts are faster than others so we can turn these into 3 AMRAPs of 10:00 to make sure everyone stops and rests at the same time. This will allow them to swap stations much easier.

SLED PUSH:

If you don't have any sleds you can replace this with sandbag lunges which is the only other Hyrox specific movement that doesn't use the sled in this workout.

Or

You can replace with:

- Dumbbell Deadlifts
- Kettlebells Swings
- Box Jumps
- Sandbag Cleans

These are all great movement patterns that can help us gain strength and power for these hybrid racing events.

SESSION 3: RACE (CONTINUED)

RACE (TEAM)

On a 40:00 Clock

4 Rounds

250-500m Ski, Share work as desired

200m Run, Together

100' Sled Push, Share work as desired

—

Rest 1:00

—

4 Rounds (2 Rounds / Partner)

You go I go, Round for Round

200m Run

50' Burpee Broad Jump

—

Rest 1:00

—

2 Rounds

1000m Row, Share work as desired

200m Run, Together

200' Farmer's Carry, Share work as desired

—

Rest 1:00

—

Max Wall Balls In Remaining Time, share work as desired.

NOTES (TEAM):

TIMING: 40:00

RPE: 9/10 With the amount of rest we're getting in this partner workout, we should cue members to push hard on their work and aim for high intensity.

This workout has a mix of sharing the work, doing work at the same time and going with a "You go, I go" structure which will make this workout highly dynamic.

In our first section, teams will share the work as desired but run together. In the second section, members will go "You go, I go" round for round. In the third portion, we're hitting shared work again but athletes will run together. In the last part of this workout, the max wall balls, members will hit as many wall balls as possible, one partner working at a time.

FASTER MEMBERS

Ideally, we will have no more than 7:00 of wall balls at the end of this workout. If members are done with their 3rd section before 30:00, add a third round to their last section.