



HYROX

8 week training plan

In partnership with

HYROX

**MACMILLAN
CANCER SUPPORT**

Key Stretches

Key Tips

- Repeat key stretches 2-3 times if certain muscle groups seem particularly tight.
- Hold stretch for 40-45 seconds each time and complete them after your hikes.
- Never stretch cold muscles.
- A good stretching routine will help to restore the muscle balance and allow you to be more flexible.
- Consider investing in an 'MOT' with a sport physiotherapist or sports massages which can help manage the build up in tightness that will occur in your training.
- A foam roller can be used to supplement your stretching on a day to day basis to carry out self massage.



• Glutes

Sit with one leg out straight. Cross the other leg over, keeping knee bent. To feel stretch in backside, hug bent knee into chest. Keep back straight.



• Hamstring (Belly)

Lay on your back. Keep one leg on the ground. Raise other leg holding the back of the calf. Bring up to feel the stretch in the middle of the hamstring.



• Quads

Grasp the top of the ankle with the same side hand and bring heel to backside. Hips should be pushed forward.



• Hip Flexors

Kneel on one knee and make sure you have a 90 degree angle at both knees. Push hips down and forwards until you can feel a stretch at the front of the hip.



• Calf (Gastrocnemius)

Stand with feet shoulder width apart. Take one foot forward and keep feet parallel. Maintain the arch in the forward foot by pressing down with the toes to stop foot rolling in. Straighten back leg and feel stretch in top area of the calf.



• Calf (Soleus)

Repeat position of the gastrocnemius stretch but this time bend back leg to take stretch into lower calf above Achilles.

Week 1



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Warm-up 4 Rounds of 200m Run or Row 30 sec. Rest</p>	<p>Rest</p>	<p>Warm-up 1000m Row</p>	<p>Rest</p>	<p>Warm-up 5 min. Easy Jog</p>
<p>Workout For Time 3000m Run*</p> <p>*Every 3 min. perform 5 Burpees</p> <p>Core 1 Round of 25 Sit-Ups 25 x Superman 25 Flutter Kicks</p>		<p>Workout For Time</p> <p>a) 5 Rounds 250m Row 30 sec. Rest</p> <p>b) 4 Rounds of 15 Wall Balls 30 sec. Rest</p> <p>c) 4 Rounds of 30 sec. Farmer's Carry 30 sec. Rest</p>		<p>Workout For Time 250m Run, then</p> <p>1 Round of 20 Squats 20 Burpees 20 Sit-Ups 20 Push-Ups, then</p> <p>250m Run</p> <p>Core 3 Rounds of 45 sec. Plank Hold 30 sec. Rest</p>

During week 1-7 you can select weekdays as you like as long as you follow the sessions in order. For week 8 you should stick to our recommendation.

Week 2



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Warm-up 1 Round of 5 min. Run 1 min. Rest 5 min. Row or Run 1 min. Rest 5 min. Ski Erg or Run</p>	<p>Rest</p>	<p>Warm-up 1 Round of 25 Jumping Jacks 20 Sit-Ups 15 Squats 10 Burpees</p>	<p>Rest</p>	<p>Warm-up 3 min. Run</p>
<p>Workout</p> <p>a) 10 Rounds 30 sec. Sprint 30 sec. Rest</p> <p>b) For Time 3 Rounds of 10 Mountain Climbers (total) 10 Lunges (total) 10 Sit-Ups</p>		<p>Workout</p> <p>a) 2 Rounds of 25m Sled Push 1 min. Rest 2 Rounds of 25m Sled Pull 1 min. Rest</p> <p>b) For Time 30-20-10 Row for calories Burpees Lunges (total)</p>		<p>Workout</p> <p>a) 3 Rounds of 10 Bench Presses 10 Deadlifts 10 Back Squats 2 min. Rest</p> <p>b) 3 Rounds of 1 min. Row for calories 1 min. 25m Shuttle Runs 1 min. Burpees 1 min. Sit-Ups 1 min. Rest</p> <p>Core 3 Rounds of 15 V-Ups 15 Superman</p>

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Week 3



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Warm-up 2 Rounds of 200m Run 10 Squats 5 Burpees 10 Sit-Ups 5 Burpees</p>	<p>Rest</p>	<p>Warm-up 500m Row / 10 Inch Worm 2 Rounds of 5 Push-Ups 5 Squats 10 Sit-Ups</p>	<p>Rest</p>	<p>Warm-up 4 Rounds of 150m Run 20 sec. Rest 2 Rounds of 250m Run 30 sec. Rest</p>
<p>Workout "Zeppelin" (Scaled) For Time 500m Run, then</p> <p>50 Wall Balls 40 Lunges (total) 30 Burpees 20 Sit-Ups 10 Push-Ups, then</p> <p>500m Run</p> <p>Core 3 Rounds of 1 min. Stability Ball Bridges 30 sec. Rest</p>		<p>Workout a) 2 Rounds of 50m Sled Push 1 min. Rest 2 Rounds of 50m Sled Pull 1 min. Rest</p> <p>b) For Time 1500m Row</p> <p>c) 4 Rounds of 30 sec. Farmer's Carry 30 sec. Rest</p>		<p>Workout a) 4 Rounds of 15 Push-Ups* b) 4 Rounds of 25 Back Squats* *Rest as needed c) 10 Rounds 200m Run 2 min. Rest</p> <p>Core 3 Rounds of 30 sec. Toe Touches 30 sec. Flutter Kicks 30 sec. Russian Twist 30 sec. Side Plank (right) 30 sec. Side Plank (left) 1 min. Rest</p>

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Week 4



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Warm-up 4 Rounds of 150m Run 1 min. Rest</p> <p>2 Rounds of 250m Run 30 sec. Rest</p>	<p>Rest</p>	<p>Warm-up 1 Round of 2 min. Jump Rope 20m High Knees 20m Butt-kicks 20m Lunges 20m Side Lunges</p>	<p>Rest</p>	<p>Warm-up 1 Round of 50 Jumping Jacks 10 Tuck Jumps 20 Lunges</p>
<p>Workout</p> <p>For Time 3 Rounds of 20 Box Jumps 20 Lunges (total) 20 Row for calories 20 Sit-Ups 20 Wall Balls</p> <p>Core 1 Round of 25 Sit-Ups 25 x Superman 25 Flutter Kicks</p>		<p>Workout "Biggie" (Scaled) 3 Rounds of 1 min. Wall Balls 30 sec. Rest 1 min. Burpee Broad Jumps 30 sec. Rest 1 min. Row for calories 30 sec. Rest 1 min. 10m Shuttle Runs 30 sec. Rest</p>		<p>Workout</p> <p>a) 4 Rounds of 10 Bench Presses 10 Deadlifts 10 Back Squats 2 min. Rest</p> <p>b) "Mitchell" For Time 400M Run 50 Squats 400m Run 50 Sit-Ups 400m Run 50 Lunges (total)</p> <p>Core 3 Rounds of 10 Bird Dogs right/left 30 sec. Plank</p>

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Week 5



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Warm-up 4 Rounds of 200m Run 30 sec. Rest</p>	<p>Rest</p>	<p>Warm-up 1 Round of 25m Lunges 25m Side Lunges 25m Broad Jumps 25m Inch Worm</p>	<p>Rest</p>	<p>Warm-up 1 Round of 50 Jumping Jacks 200m Run 50 Jumping Jacks</p>
<p>Workout 5000m Run*</p> <p>*Every 3 min. perform 5 Burpees and 10 Squats</p> <p>Core 1 Round of 50 Sit-Ups 50 Superman 1 min. Plank Hold</p>		<p>Workout "Star" (Scaled) For Time 800m Run 30 Mountain Climbers 600m Ski Erg 30 Weighted Lunges (total) @2 x Kettlebell 400m Run 30 Goblet Squats @KB 200m Ski Erg 30 Walls Balls</p>		<p>Workout a) 4 Rounds of 10 Weighted Step-Ups on Box*</p> <p>b) 4 Rounds of Max Rep Push-Ups</p> <p>*Rest as needed</p> <p>c) 20 min. (As Many Reps As Possible – AMRAP) 10 Shuttle Runs 10 Wall Balls 10 Sit-Ups</p> <p>Core 3 Rounds of 10 Glute Bridges</p>

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Week 6



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Warm-up 4 Rounds of 150m Run 20 sec. Rest, then</p> <p>2 Rounds of 250m Run 30 sec. Rest</p>	<p>Rest</p>	<p>Warm-up 1000m Row</p>	<p>Rest</p>	<p>Warm-up 1 Round of 5 min. Easy Jog 10 Burpees 10 Box Jumps 10 V-Ups</p>
<p>Workout</p> <p>For Time 1000m Run, then</p> <p>60-40-20 Sandbag Lunges (total) Single Leg Deadlifts (total) Mountain Climbers, then</p> <p>1000m Run</p>		<p>Workout</p> <p>a) 5 Rounds 100m Farmer's Carry 90 sec. Rest</p> <p>b) 4 Rounds of 50m Sled Push 2 min. Rest</p> <p>c) 4 Rounds of 50m Sled Pull 2 min. Rest</p>		<p>Workout</p> <p>a) 5 Rounds 10 Bench Presses 10 Deadlifts 10 Back Squats 2 min. Rest</p> <p>b) For Time 3 Rounds of 600m Run or Row 50 Weighted Step Over Box 25 Push-Ups</p>
<p>Core 3 Rounds of 30 sec. Plank 30 sec. Side Plank (right) 30 sec. Side Plank (left)</p>		<p>Core 3 Rounds of 15 Hanging Knees Raises 20 Sit-Ups 15 Hyperextensions</p>		

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Week 7



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Warm-up 4 Rounds of 25m Bear Crawl 25m Crab Walk 25m Inch Worm</p>	<p>Rest</p>	<p>Warm-up 1 Round of 2 min. Jump Rope 25m High Knees 25m Butt-kicks 25m Lunges 25m Side Lunges</p>	<p>Rest</p>	<p>Warm-up 1 Round of 50 Jumping Jacks 10 Tuck Jumps 20 Lunges</p>
<p>Workout</p> <p>For Time 3 Rounds of 400m Run 5 min. Ski Erg for calories 5 min. Row for calories 3 min. Rest</p> <p>Core 1 Round of 50 V-Ups 50 Superman</p>		<p>Workout</p> <p>For Time 4 Rounds of 400m Row 25m Sled Push 25m Sled Pull</p>		<p>Workout</p> <p>a) 4 Rounds of 10 Bench Presses 10 Deadlifts 10 Back Squats 2 min. Rest</p> <p>b) "Shakur" (1) 5 min. AMRAP 10 Burpees 10 Push-Ups 3 min. Rest (2) 5 min. AMRAP 10 Air Squats 10 Kettlebell Swings 3 min. Rest (3) 5 min. AMRAP 10 Weighted Lunges 10 Wall Balls</p> <p>Core 3 Rounds of 10 Bird Dogs right/left 45 sec. Plank 45 sec. Side Plank r 45 sec. Side Plank l 15 Glute Bridges</p>

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Week 8



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Warm-up 5 min. Jump Rope 5 min. Stretching</p>	<p>Rest</p>	<p>Warm-up 1 Round of 25m High Knees 25m Butt-kicks 25m Lunges 25m Side Lunges</p>	<p>Active Recovery 20 min. Easy Row 20 min. Mobility / Stretching</p>	<p>Total Rest</p>
<p>Workout</p> <p>"Franklin" For Time 1 Round of 10 min. Run 50 Jumping Squats 10 min. Run 50 Wall Balls 10 min. Run</p> <p>Core 3 Rounds of 20 Russian Twists</p>		<p>Workout</p> <p>"Kravitz" For Time 8 Rounds 1000m Run 20 Wall Balls 20 Sit-Ups 20 Lunges</p>		

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