

In partnership with

HYROX

MACMILLAN CANCER SUPPORT

HYROX Training Plan Key Stretches 2

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.



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.



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.



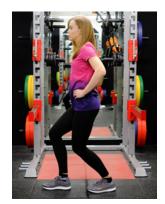
Calf (Gastrocnemius)

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.



Quads

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



• Calf (Soleus)

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





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





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





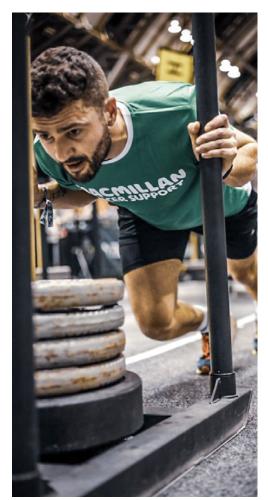
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Warm-up	Rest	Warm-up	Rest	Warm-up
2 Rounds of		500m Row / 10 Inch Worm		4 Rounds of
200m Run		2 Rounds of		150m Run
10 Squats		5 Push-Ups		20 sec. Rest
5 Burpees		5 Squats		2 Rounds of
10 Sit-Ups		10 Sit-Ups		250m Run
5 Burpees				30 sec. Rest
Workout		Workout		Workout
"Zeppelin"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





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





DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Warm-up 4 Rounds of 200m Run 30 sec. Rest	Rest	Warm-up 1 Round of 25m Lunges 25m Side Lunges 25m Broad Jumps 25m Inch Worm	Rest	Warm-up 1 Round of 50 Jumping Jacks 200m Run 50 Jumping Jacks
Workout 5000m Run* *Every 3 min. perform 5 Burpees and 10 Squats Core 1 Round of 50 Sit-Ups 50 Superman 1 min. Plank Hold		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		workout a) 4 Rounds of 10 Weighted Step-Ups on Box* b) 4 Rounds of Max Rep Push-Ups *Rest as needed c) 20 min. (As Many Reps As Possible - AMRA 10 Shuttle Runs 10 Wall Balls 10 Sit-Ups
				Core 3 Rounds of 10 Glute Bridges





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



Week 7



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Warm-up 4 Rounds of 25m Bear Crawl 25m Crab Walk 25m Inch Worm	Rest	Warm-up 1 Round of 2 min. Jump Rope 25m High Knees 25m Buttkicks 25m Lunges 25m Side Lunges	Rest	Warm-up 1 Round of 50 Jumping Jacks 10 Tuck Jumps 20 Lunges
Workout		Workout		Workout
For Time 3 Rounds of 400m Run 5 min. Ski Erg for calories 5 min. Row for calories 3 min. Rest Core 1 Round of 50 V-Ups 50 Superman		For Time 4 Rounds of 400m Row 25m Sled Push 25m Sled Pull		a) 4 Rounds of 10 Bench Presses 10 Deadlifts 10 Back Squats 2 min. Rest 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
				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

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 8



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

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.



