



HYROX

4 week training plan

In partnership with



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 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 250m Run or Row 30 sec. Rest, then</p> <p>2 Rounds of 5 Sit-Ups 5 Push-Ups 5 Squats</p> <p>Workout "George" For Time 500m Run, then</p> <p>3 Rounds 10 Squats 10 Burpees 10 Sit-Ups 10 Push-Ups, then</p> <p>500m Run</p> <p>Core 1 Round of 25 Sit-Ups 25 x Superman 25 Flutter Kicks</p>	<p>Rest</p>	<p>Warm-up 5-10 min. Run, then</p> <p>2 Rounds of 10 Lunges 5 Wall Balls</p> <p>Workout "Jagger" a) 10 min. (As Many Reps As Possible – AMRAP) 200m Run or Ski Erg 10 Burpees 20 Weighted Lunges (total) @2x Kettlebell / Dumbbell (KB/DB)</p> <p>5 min. Rest</p> <p>b) 10 min (AMRAP) 200m Row 15 Wall Balls 100m Farmer's Carry</p> <p>Core 3 Rounds of 10 Bird-Dog Crunches (per leg)</p>	<p>Rest</p>	<p>Warm-up 3 min. Easy Jog 5 min. Stretch</p> <p>Workout 5k Run</p> <p>Core 3 Rounds of 20 Sit-Ups 20 Russian Twists 20 Heel Touches 30 sec. Plank Hold</p>

During week 1-3 you can select weekdays as you like as long as you follow the sessions in order. For week 4 you should stick to our recommendation.

Week 2



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Warm-up 5 min. Run 5 min. Row 5 min. Ski Erg</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, then 5 Rounds of 50m Run (increase running speed on each round), then 5 min. Stretch</p>
<p>Workout "Turner" a) 4 Rounds of 30 Sec Kettlebell Farmer's Carry (as heavy as possible) 30 sec. Rest b) 15 min. (AMRAP) 200m Run 15 Wall Balls 200m Run 25m Sled Push 200m Run 15 Wall Balls</p> <p>Core 1 Round of 50 Sit-Ups</p>		<p>Workout a) 2 Rounds of 25m Sled Push 1 min. Rest b) 2 Rounds of 25m Sled Pull 1 min. Rest c) "Sting" 30-20-10 Row for cal Burpees Lunges (total)</p> <p>Core 3 Rounds of 45-60 sec. Plank Hold 30 sec. Rest</p>		<p>Workout "Rose" a) 4 Rounds of 200m Run 2 min. Rest b) 2 Rounds of 400m Run 4 min. Rest c) 1 Round of 800m Run</p> <p>Core 3 Rounds of 15 V-Ups 15 x Superman 20 Mountain Climber</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 1000m Row or 500m Ski Erg, then</p> <p>2 Rounds of 5 Push-Ups 5 Squats 10 Sit-Ups</p>	<p>Rest</p>	<p>Warm-up 4 Rounds of 150m Run 1 min. Rest</p>
<p>Workout "Zeppelin" 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</p> <p>b) 2 Rounds of 50m Sled Pull 1 min. Rest</p> <p>c) "Combs" For Time 20 Squats 200m Run 20 Squats 400m Run 20 Squats 800m Run</p> <p>Core 1 Round of 50 Bicycle Crunches</p>		<p>Workout "Spears" 2000m Run*</p> <p>*Every 3 min. perform 5 Burpee Broad Jumps 10 Lunges (5/5)</p> <p>Core 3 Rounds of 30 sec. Toe Touches 30 sec. Flutter Kicks 30 sec. Russian Twists 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	DAY 6
<p>Warm-up 4 Rounds of 150m Run 1 min. Rest</p>	<p>Active Rest 30 Minutes Swim, Bike, Yoga, etc. No Running!</p>	<p>Warm-up 2 min. Jump Rope, then</p> <p>1 Round of 20 High Knees 20 Butt-kicks 20 Lunges 20 Side Lunges</p>	<p>Total Rest</p>	<p>Total Rest</p>	<p>HYROX Competition Day</p>
<p>Workout "Manson" For Time 200m Run 15m Sled Push 300m Run 15m Sled Pull 400m Run 30 Lunges (total) 500m Run 30 cal Row 400m Run 20 cal Ski Erg 300m Run 15 Burpees 200m Run</p> <p>Core 1 Round of 50 Spider Plank Crunch</p>		<p>Workout "Biggie" 3 Rounds of 1 min. Wall Balls 30 sec. Rest 1 min. Burpee Broad Jump 30 sec. Rest 1 min. Row for Calories 30 sec. Rest 1 min. 10m Shuttle Runs 30 sec. Rest</p> <p>Core 2 Rounds of 15 Hanging Knee Raises 20 Sit-Ups 15 Hyperextensions</p>			

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Registered with
**FUNDRAISING
REGULATOR**

Macmillan Cancer Support, registered charity in England and Wales (261017),
Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. MAC19606 HYROX_4 Week Plan

