

W O C H E 0 1



TAG 1	TAG 2	TAG 3	TAG 4	TAG 5
<p>WARM UP</p> <p>4 Rounds 250 m Run or Row 30 Sec. Rest, then 2 Rounds 5 Sit Ups 5 Push Ups 5 Squats</p> <p>—</p> <p>WORKOUT</p> <p>“GEORGE” FOR TIME 100 m Run, then 5 Rounds 20 Squats 20 Burpees 20 Sit Ups 20 Push Ups, then 500 m Run</p> <p>—</p> <p>CORE</p> <p>1 Round 50 Sit Ups 50 Superman 50 Flutter Kicks</p>	<p>WARM UP</p> <p>3 Rounds 10 Squats 10 Buttlifts Pigeon Stretch Couch Stretch</p> <p>—</p> <p>WORKOUT</p> <p>a) 5 Rounds 10 Back Squats* 2 Min. Rest</p> <p>b) 5 Rounds 10 Bench Press* 2 Min. Rest</p> <p>c) 5 Rounds 6-8 Pull Ups</p> <p>d) 10 Min. Foam Roller</p> <p><small>*Record Weights</small></p>	<p>WARM UP</p> <p>5-10 Min. Run, then 2 Rounds 10 Lunges 5 Wall Balls</p> <p>—</p> <p>WORKOUT</p> <p>“JAGGER”</p> <p>a) 20 Min. <small>AMRAP</small> 400 m Run or Ski Erg 15 Burpees 20 Weighted Lunges (total) <small>@2x KB/DB</small> 5 Min. Rest</p> <p>b) 20 Min. <small>AMRAP</small> 400 m Row 15 Wall Balls 200 m Farmers Carry</p> <p>—</p> <p>CORE</p> <p>3 Rounds 20 Bird-Dog Crunches (total)</p>	<p>WARM UP</p> <p>500 m Row, then 3 Rounds 10 Good Mornings</p> <p>—</p> <p>WORKOUT</p> <p>a) 5 Rounds 10 Deadlifts* 2 Min. Rest</p> <p>b) 5 Rounds 10 Shoulder Press* 2 Min. Rest</p> <p>c) 5 Rounds 5-10 Plyo Push Ups</p> <p>d) 10 Min. Foam Roller</p> <p><small>*Record Weights</small></p>	<p>WARM UP</p> <p>3 Min. Easy Jog 5 Min. Stretch</p> <p>—</p> <p>WORKOUT</p> <p>10K Run</p> <p>—</p> <p>CORE</p> <p>5 Rounds 20 Sit Ups 20 Russian Twist 20 Heel Touches 30 Sec. Plank</p>

In den Wochen 1-3 können die Wochentage für das Training individuell gewählt werden, Woche 4 sollte wie beschrieben eingehalten werden.



TAG 1	TAG 2	TAG 3	TAG 4	TAG 5
<p>WARM UP</p> <p>5 Min. Run 5 Min. Row 5 Min. SkiErg —</p> <p>WORKOUT</p> <p>“TURNER” a) 4 Rounds 30 Sec. Kettlebell Farmers Carry <small>@as heavy as possible</small> 30 Sec. Rest</p> <p>b) 4 Rounds 1-5 Strict Pull Ups 30 Sec. Rest</p> <p>b) 30 Min. AMRAP 400 m Run 25 Wall Balls 400 m Run 25 m Sled Push 400 m Run 25 Wall Balls</p> <p>—</p> <p>CORE</p> <p>1 Round 100 Sit Ups</p>	<p>WARM UP</p> <p>400 m Run, then</p> <p>1 Round 10 Squats 10 Push Ups 10 Inch Worm —</p> <p>WORKOUT</p> <p>a) 5 Rounds 25m Sled Push <small>@as heavy as possible</small> 3-5 Minutes Rest</p> <p>b) 5 Rounds 25m Sled Pull <small>@as heavy as possible</small> 3-5 Minutes Rest</p> <p>c) 10 Min. Foam Roller</p>	<p>WARM UP</p> <p>25 Jumping Jacks 20 Sit Ups 15 Squats 10 Burpees —</p> <p>WORKOUT</p> <p>“STING” 50-40-30-20-10 Row for cal Burpees Lunges [total] —</p> <p>CORE</p> <p>5 Rounds 45-60 Sec. Plank 30 Sec. Plank</p>	<p>WARM UP</p> <p>10 Min. Run, then</p> <p>3 Rounds 10 Step Ups —</p> <p>WORKOUT</p> <p>a) 4 Rounds 10 Front Rack Lunges with Barbell <small>@as heavy as possible</small> 3-5 Min. Rest</p> <p>b) 4 Rounds 10 Hamstring Curls 90 Sec. Rest</p> <p>c) 4 Rounds 10 Abductor Press 90 Sec. Rest</p> <p>d) 4 Rounds 10 Adductor Press 90 Sec. Rest</p> <p>e) 10 Min. Foam Roller</p>	<p>WARM UP</p> <p>3 Min. Run, then</p> <p>5 Rounds 50 m Run (increase running speed on each round), then —</p> <p>5 Min. Stretch —</p> <p>WORKOUT</p> <p>“ROSE” a) 4 Rounds 400 m Run 2 Min. Rest</p> <p>b) 2 Rounds 800 m Run 4 Min. Rest</p> <p>c) 1 Round 1600 m Run —</p> <p>CORE</p> <p>3 Rounds 15 V-Ups 15 Superman 20 Mountain Climberer</p>

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W O C H E 0 3



TAG 1	TAG 2	TAG 3	TAG 4	TAG 5
<p>WARM UP</p> <p>2 Rounds 200 m Run 10 Squats 5 Burpees 10 Sit Ups 5 Burpees —</p> <p>WORKOUT</p> <p>“ZEPPELIN” FOR TIME 1500 m Run, then</p> <p>100 Wall Balls 80 Lunges (total) 60 Burpees 40 Sit Ups 20 Push Ups, then</p> <p>1500 m Run —</p> <p>CORE</p> <p>3 Rounds 10 Gute Bridges @Barbell 1 Min. Rest</p>	<p>WARM UP</p> <p>3 Rounds 10 Squats 10 Buttlifts Pigeon Stretch Couch Stretch —</p> <p>WORKOUT</p> <p>a) 5 Rounds 6-8 Back Squats* 2 Min. Rest</p> <p>b) 5 Rounds 6-8 Bench Press* 2 Min. Rest</p> <p>c) 5 Rounds 8-10 Pull Ups</p> <p>d) 10 Min. Foam Roller <small>*Go Heavier Than Week 1</small></p>	<p>WARM UP</p> <p>1000 m Row / 500 m SkiErg 10 Inchworm 2 Rounds 5 Push Ups 5 Squats 10 Sit Ups —</p> <p>WORKOUT</p> <p>“COMBS” FOR TIME 60 Squats 400 m Run 40 Squats 800 m Run 20 Squats 1600 m Run —</p> <p>CORE</p> <p>1 Round 100 Bicycle Crunches</p>	<p>WARM UP</p> <p>500 m Row, then</p> <p>3 Rounds 10 Good Mornings —</p> <p>WORKOUT</p> <p>a) 5 Rounds 6-8 Deadlifts* 2 Min. Rest</p> <p>b) 5 Rounds 6-8 Shoulder Press* 2 Min. Rest</p> <p>c) 5 Rounds 6-12 Plyo Push Ups</p> <p>d) 10 Min. Foam Roller <small>*Go Heavier Than Week 1</small></p>	<p>WARM UP</p> <p>4 Rounds 150 m Run 20 Sec. Rest, then</p> <p>2 Rounds 250 m Run 30 Sec. Rest —</p> <p>WORKOUT</p> <p>“SPEARS” 3000 m Run*</p> <p><small>*every 3 Min. perform</small> 10 Burpee Broad Jumps 10 Lunges (5/5) —</p> <p>CORE</p> <p>3 Rounds 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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W O C H E 0 4



TAG 1	TAG 2	TAG 3	TAG 4	TAG 5	TAG 6
<p>WARM UP</p> <p>4 Rounds 150 m Run 20 Sec. Rest, then</p> <p>2 Rounds 250 m Run 30 Sec. Rest</p> <p>—</p> <p>WORKOUT</p> <p>„MANSON“ FOR TIME 400 m Run 25 m Sled Push 600 m Run 25 m Sled Pull 800 m Run 50 Lunges (total) 1000 m Run 50 cal Row 800 m Run 30 cal Ski Erg 600 m Run 30 Burpees 400 m Run</p> <p>—</p> <p>CORE</p> <p>1 Round 100 Spider Plank Crunch</p>	<p>ACTIVE REST</p> <p>45 Minutes Swim, Bike, Yoga etc. No Running!</p>	<p>WARM UP</p> <p>2 Min. Jump Rope, then</p> <p>1 Round 20 High Knees 20 Buttkicks 20 Lunges 20 Side Lunges</p> <p>—</p> <p>WORKOUT</p> <p>„BIGGIE“ 5 Rounds 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. 10 m Shuttle Run 30 Sec. Rest</p> <p>—</p> <p>CORE</p> <p>2 Rounds 15 Hanging Knee Raises 20 Sit Ups 15 Hyperextensions</p>	<p>TOTAL REST</p>	<p>TOTAL REST</p>	<p>HYROX COMPETITION DAY</p>

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