

WEEK 01



DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

WARM UP

4 Rounds
250 m Run or Row
30 Sec. Rest, then

2 Rounds
5 Sit Ups
5 Push Ups
5 Squats

WORKOUT

"GEORGE"
FOR TIME
500 m Run, then

3 Rounds
10 Squats
10 Burpees
10 Sit Ups
10 Push Ups, then

500 m Run

CORE

1 Round
25 Sit Ups
25 Superman
25 Flutter Kicks

WARM UP

5-10 Min. Run, then

2 Rounds
10 Lunges
5 Wall Balls

WORKOUT

"JAGGER"
a) 10 Min. **AMRAP**
200 m Run or Ski Erg
10 Burpees
20 Weighted Lunges (total) @2x KB/DB

5 Min. Rest

b) 10 Min. **AMRAP**
200 m Row
15 Wall Balls
100 m Farmers Carry

CORE

3 Rounds
10 Bird-Dog Crunches (per leg)

WARM UP

3 Min. Easy Jog
5 Min. Stretch

WORKOUT

5K Run

CORE

3 Rounds
20 Sit Ups
20 Russian Twist
20 Heel Touches
30 Sec. Plank

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 02



| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 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 @as heavy as possible 30 Sec. Rest</p> <p>b) 15 Min. AMRAP 200 m Run 15 Wall Balls 200 m Run 25 m Sled Push 200 m Run 15 Wall Balls —</p> <p>CORE</p> <p>1 Round 50 Sit Ups</p> | | <p>WARM UP</p> <p>1 Round 25 Jumping Jacks 20 Sit Ups 15 Squats 10 Burpees —</p> <p>WORKOUT</p> <p>a) 2 Rounds 25 m Sled Push 1 Min. Rest</p> <p>b) 2 Rounds 25 m Sled Pull 1 Min. Rest</p> <p>c) “STING” 30-20-10 Row for cal Burpees Lunges (total) —</p> <p>CORE</p> <p>3 Rounds 45-60 Sec. Plank 30 Sec. Rest</p> | | <p>WARM UP</p> <p>3 Min. Run, then 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 200 m Run 2 Min. Rest</p> <p>b) 2 Rounds 400 m Run 4 Min. Rest</p> <p>c) 1 Round 800 m Run —</p> <p>CORE</p> <p>3 Rounds 15 V-Ups 15 Superman 20 Mountain Climber</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 03



| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 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 500 m Run, then</p> <p>50 Wall Balls 40 Lunges (total) 30 Burpees 20 Sit Ups 10 Push Ups, then</p> <p>500 m Run —</p> <p>CORE</p> <p>3 Rounds 1 Min. Stability Ball Bridges 30 Sec. Rest</p> | | <p>WARM UP</p> <p>1000 m Row or 500 m SkiErg, then</p> <p>2 Rounds 5 Push Ups 5 Squats 10 Sit Ups —</p> <p>WORKOUT</p> <p>a) 2 Rounds 50 m Sled Push 1 Min. Rest</p> <p>b) 2 Rounds 50 m Sled Pull 1 Min. Rest</p> <p>c) “Combs” FOR TIME 20 Squats 200 m Run 20 Squats 400 m Run 20 Squats 800 m Run —</p> <p>CORE</p> <p>1 Round 50 Bicycle Crunches</p> | | <p>WARM UP</p> <p>4 Rounds 150 m Run 1 Min. Rest —</p> <p>WORKOUT</p> <p>“SPEARS” 2000 m Run*</p> <p>*every 3 Min. perform 5 Burpee Broad Jumps 10 Lunges (5/5) —</p> <p>CORE</p> <p>3 Rounds</p> <p>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> |

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.

W E E K 0 4



| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | |
|---|---|---|--------------------------|--------------------------|------------------------------------|
| <p>WARM UP</p> <p>4 Rounds 150 m Run 1 Min. Rest —</p> <p>WORKOUT</p> <p>“MANSON” FOR TIME 200 m Run 15m Sled Push 300 m Run 15 m Sled Pull 40 0 m Run 30 Lunges (total) 500 m Run 30 cal Row 400 m Run 20 cal Ski Erg 300 m Run 15 Burpees 200 m Run —</p> <p>CORE</p> <p>1 Round 50 Spider Plank Crunch</p> | <p>ACTIVE REST</p> <p>30 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>WORKOUT</p> <p>„BIGGIE“ 3 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>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 COMPETITON DAY</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.