

# HYROX ON-RAMP

A Systematic Approach to HYROX Preparedness



T E P P O



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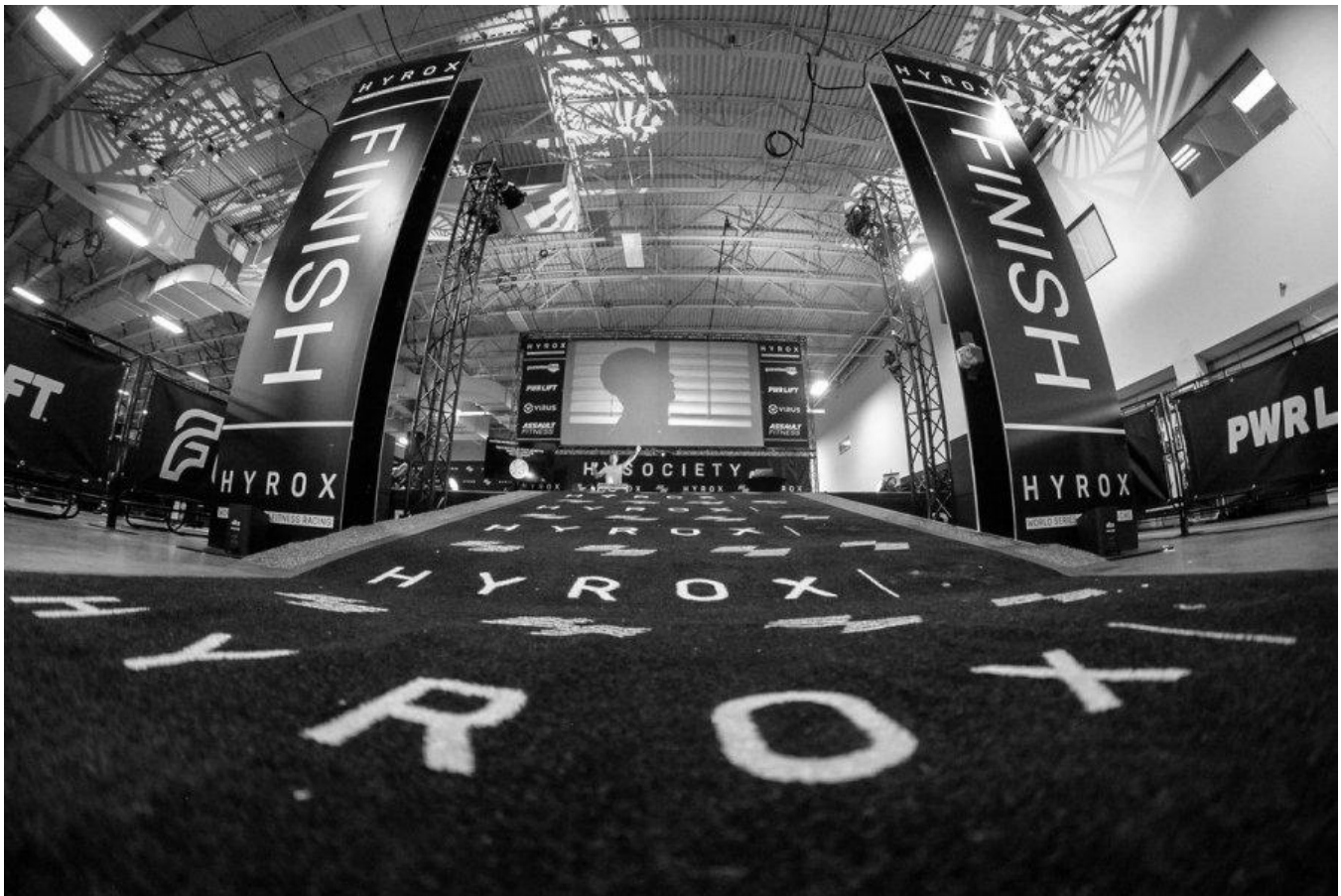
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## A Roadmap for HYROX Dominance

The HYROX On-Ramp is designed to catapult you to race readiness in 10 weeks. Whether you're a seasoned athlete or a newcomer eager to conquer the HYROX challenge, this program is tailored to transform your performance from the ground up. At the heart of this regimen is a fusion of weightlifting and HYROX-specific movements that are integrated into a methodical training progression. Each session is designed to slowly push limits, ensuring that your work capacity grows at a sustainable pace. Dive into this 10-week journey and emerge ready to seize victory.





"Complexity is your enemy. Any fool can make something complicated. It is hard to keep things simple."

– Richard Branson

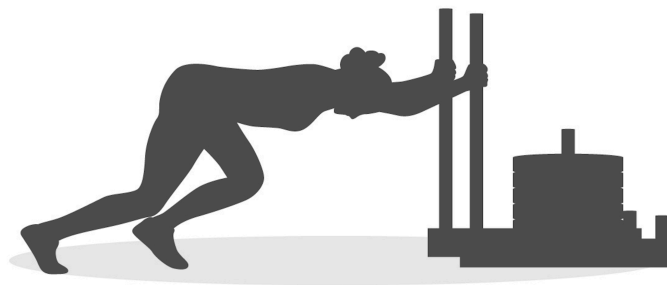


## PREFACE

The HYROX On-Ramp is designed to enhance your performance by focusing on four distinct race segments and weightlifting components. This breakdown ensures a comprehensive approach to your development, aimed solely at elevating your capabilities in a race-specific manner:

1	Squat	Run, Ski, Sled push, Sled pull
2	Military press	Run, Wall ball
3	Squat, deadlift	Run, Row, Farmers carry, Sandbag lunges
4	Squat	Run, Burpee broad jumps

Segmenting the HYROX challenge into dedicated training days not only enables athletes to refine their technique, transitions, and build targeted fitness, but also ensures an optimal balance between meeting the demands of race preparedness and minimizing the risk of over-training. This approach not only fosters comprehensive fitness but also maintains mental engagement, ensuring that each workout maintains perspective and is goal-oriented, which is essential for a sustained training commitment and overall athletic progression.





## WEEK 1

### MON

- ☐ Squat 80%x2x6
- ☐ 4 ROUNDS
  - Run 200m
  - Ski 200m
  - 20m Sled push (80%)
  - 20m Sled pull (80%)
  - (rest as needed)

### TUE

- ☐ Military press 80%x2x6
- ☐ Wall ball 6x[30:60] (6 rounds of 30 sec work followed by 60 sec rest)
- ☐ Every second minute on the minute for 16:00 (E2MOM 16)
  - 20m Shuttle run ladder

### THU

- ☐ Squat 80%x3x6
- ☐ Deadlift 80%x2x6
- ☐ 4 ROUNDS
  - Run 200m
  - Row 200m
  - 25m Farmers carry
  - 20m Sandbag lunges
  - (rest as needed)

### SAT

- ☐ Squat 80%x2x6
- ☐ Burpee broad jumps 6x[30:60]
- ☐ Tempo run 2x800m @ 1:1 work/rest



## WEEK 2

### MON

- ☐ Squat 80%x4x6
- ☐ 3 ROUNDS
  - Run 400m
  - Ski 250m
  - Run 200m
  - 30m Sled push (80%)
  - 30m Sled pull (80%)
  - (rest as needed)

### TUE

- ☐ Military press 80%x4x6
- ☐ 8-minute timecap: Run 800m + Max reps wall ball

RUN TIME

REPS

REP/MIN

### THU

- ☐ Squat 80%x2x6
- ☐ Deadlift 80%x4x6
- ☐ 3 ROUNDS
  - Run 400m
  - Row 250m
  - Run 200m
  - 50m Farmers carry
  - 30m Sandbag lunges
  - (rest as needed)

### SAT

- ☐ Squat 80%x5x6
- ☐ 8-minute timecap: Run 800m + Max reps burpee broad jumps

RUN TIME

REPS

REP/MIN





## WEEK 3

### MON

- ☐ Squat 82.5%x3x6
- ☐ 2 ROUNDS
  - Run 600m
  - Ski 350m
  - Run 400m
  - 40m Sled push (85%)
  - Run 200m
  - 40m Sled pull (85%)
  - (rest as needed)

### TUE

- ☐ Military press 85%x2x6
- ☐ Wall ball 7x[30:45]
- ☐ E2MOM 16 20m Shuttle run ladder

### THU

- ☐ Squat 80%x6x6
- ☐ Deadlift 85%x2x6
- ☐ 2 ROUNDS
  - Run 600m
  - Row 350m
  - Run 400m
  - 75m Farmers carry
  - Run 200m
  - 40m Sandbag lunges
  - (rest as needed)

### SAT

- ☐ Squat 85%x2x6
- ☐ Burpee broad jumps 7x[30:45]
- ☐ Tempo run 3x800m @ 1:1 work/rest



## WEEK 4

### MON

- ☐ Squat 85%x5x5
- ☐ 2 ROUNDS
  - Run 800m
  - Ski 500m
  - Run 600m
  - 40m Sled push (90%)
  - Run 400m
  - 40m Sled pull (85%)
  - (rest as needed)

### TUE

- ☐ Military press 85%x5x5
- ☐ 4 ROUNDS
  - Run 400m + 20 Hand-release push-ups + 25 Wall ball

### THU

- ☐ Squat 80%x2x6
- ☐ Deadlift 85%x5x5
- ☐ 2 ROUNDS
  - Run 800m
  - Row 500m
  - Run 600m
  - 100m Farmers carry
  - Run 400m
  - 50m Sandbag lunges
  - (rest as needed)

### SAT

- ☐ Squat 90%x4x4
- ☐ 4 ROUNDS
  - Run 400m + 15 Sit-ups + 20m Burpee broad jumps



## WEEK 5

### MON

- ☐ Squat 70%x2x6
- ☐ 2 ROUNDS
  - Run 200m
  - Ski 200m
  - Run 200m
  - 20m Sled push (70%)
  - Run 200m
  - 20m Sled pull (70%)
  - Run 200m
  - 20m Burpee broad jumps
  - Rest 3 minutes

### WED

- ☐ Military press 70%x3x6
- ☐ Tempo run 8x200m @ 1:6 work/rest

### FRI

- ☐ Deadlift 70%x3x6
- ☐ 2 ROUNDS
  - Run 200m
  - Row 250m
  - Run 200m
  - 35m Farmers carry
  - Run 200m
  - 20m Sandbag lunges
  - Run 200m
  - 15 Wall ball
  - Rest 3 minutes



## WEEK 6

### MON

- ☐ Squat 80%x2x6
- ☐ 2 ROUNDS
  - Run 1000m
  - Ski 500m
  - Run 800m
  - 40m Sled push (90%)
  - Run 600m
  - 40m Sled pull (85%)
  - (rest as needed)

### TUE

- ☐ Military press 85%x5x5
- ☐ Wall ball 8x[30:30]
- ☐ E2MOM 16 20m Shuttle run ladder

### THU

- ☐ Squat 95%x3x3
- ☐ Deadlift 85%x5x5
- ☐ 2 ROUNDS
  - Run 1000m
  - Row 500m
  - Run 800m
  - 100m Farmers carry
  - Run 600m
  - 50m Sandbag lunges
  - (rest as needed)

### SAT

- ☐ Squat 90%x2x6
- ☐ Burpee broad jumps 8x[30:30]
- ☐ Tempo run 4x800m @ 1:1 work/rest



## WEEK 7

### MON

- ☐ Squat 80%x2x6
- ☐ Run 4km (Fartlek)

### TUE

- ☐ Military press 80%x2x6
- ☐ 8-minute timecap: Run 800m + Max reps wall ball\*

RUN TIME

REPS

REP/MIN

### THU

- ☐ Squat 80%x2x6
- ☐ Deadlift 80%x2x6
- ☐ Run 4km (Fartlek)

### SAT

- ☐ Squat 85%x2x6
- ☐ 8-minute timecap: Run 800m + Max reps burpee broad jumps\*

RUN TIME

REPS

REP/MIN

\* Compare results to Week 2



## WEEK 8

### MON

- ☐ Squat 100%x2x2
- ☐ 2 ROUNDS
  - Run 1000m
  - Ski 500m
  - Run 1000m
  - 40m Sled push (100%)
  - Run 800m
  - 40m Sled pull (95%)
  - Run 600m
  - 35m Burpee broad jumps
  - (rest as needed)

### WED

- ☐ Military press 90%x4x4
- ☐ Tempo run 4x800m @ 1:1 work/rest

### FRI

- ☐ Squat 80%x2x6
- ☐ Deadlift 95%x3x3
- ☐ 2 ROUNDS
  - Run 1000m
  - Row 500m
  - Run 1000m
  - 100m Farmers carry
  - Run 800m
  - 50m Sandbag lunges
  - Run 600m
  - 35 Wall ball
  - (rest as needed)



## WEEK 9

### <sup>1</sup>MON

- ☐ Squat 80%x2x6
- ☐ FOR TIME
  - Run 1000m
  - Ski 600m
  - Run 1000m
  - 40m Sled push (85%)
  - Run 1000m
  - 40m Sled pull (100%)
  - Run 800m
  - 60m Burpee broad jumps
  - Run 600m
  - (rest as needed)

### <sup>2</sup>WED

- ☐ Military press 95%x3x3
- ☐ Run 4km (Fartlek)

### <sup>3</sup>FRI

- ☐ Squat 85%x2x6
- ☐ Deadlift 100%x2x2
- ☐ FOR TIME
  - Run 1000m
  - Row 600m
  - Run 1000m
  - 120m Farmers carry
  - Run 1000m
  - 60m Sandbag lunges
  - Run 800m
  - 60 Wall ball
  - Run 600m
  - (rest as needed)



## WEEK 10

TUE

☐ 80% HYROX @ COMP WEIGHTS

### SPLITS

Run 800m

Ski 800m

Run 800m

40m Sled push

Run 800m

40m Sled pull

Run 800m

65m Burpee broad jumps

Run 800m

Row 800m

Run 800m

160m Farmers carry

Run 800m

80m Sandbag lunges

Run 800m

80 Wall ball

Total:

See Appendix 5 for instructions on how to predict a HYROX result from these splits.





## RECOVERY AND RACE DAY GUIDANCE

Some considerations for the remainder of week 10

- Engage in light activities like walking, cycling, or swimming at a very easy pace. This helps to keep the blood flowing and aids in muscle recovery without adding stress.
- Incorporate dynamic stretching, mobility exercises, and foam rolling to maintain flexibility and joint health, and to alleviate muscle soreness.
- Ensure you're drinking enough water. Proper hydration aids muscle recovery and can help prevent cramps on race day.
- Some degree of carbohydrate loading can be beneficial 1-2 days before the race to maximize glycogen stores.
- Aim for 7-9 hours per night. Sleep is when the body undergoes most of its recovery and repair processes.
- Spend some time visualizing the race. Go through each segment in your mind, imagining yourself working through the movements and transitions. This can help reduce anxiety and boost confidence.
- This isn't the time to try a new workout or activity. Stick to what you know to avoid the risk of injury or unnecessary muscle soreness.
- Ensure all your gear, including shoes, clothing, and any other equipment, is in good condition. It's also not recommended to use brand new shoes on race day; they should be broken in but not worn out.
- While it's good to move around a bit, avoid prolonged standing or walking, especially the day before the race. This can help prevent unnecessary fatigue.
- Go over your race day strategy, including pacing, transitions, and nutrition/hydration plans. Being prepared can help reduce race day nerves.
- Surround yourself with positive influences, whether it's supportive friends, family, or teammates. A positive mindset can significantly impact performance.



## APPENDIX 1

### OFFICIAL EXERCISE LOADS BY HYROX CATEGORIES

	WOMEN	PRO WOMEN	MEN	PRO MEN	DOUBLES WOMEN	DOUBLES MEN	DOUBLES MIXED
SLED PUSH	75kg --- 165lbs	125kg --- 275lbs	125kg --- 275lbs	175kg --- 385lbs	75kg --- 165lbs	125kg --- 275lbs	125kg --- 275lbs
SLED PULL	50kg --- 110lbs	75kg --- 165lbs	75kg --- 165lbs	125kg --- 275lbs	50kg --- 110lbs	75kg --- 165lbs	75kg --- 165lbs
FARMERS CARRY	2x16kg --- 2x35lbs	2x24kg --- 2x53lbs	2x24kg --- 2x53lbs	2x32kg --- 2x70lbs	2x16kg --- 2x35lbs	2x24kg --- 2x53lbs	2x24kg --- 2x53lbs
SANDBAG LUNGES	10kg --- 22lbs	20kg --- 44lbs	20kg --- 44lbs	30kg --- 66lbs	10kg --- 22lbs	20kg --- 44lbs	20kg --- 44lbs
WALL BALL	75 reps @ 4kg --- 9lbs	100 reps @ 6kg --- 13lbs	100 reps @ 6kg --- 13lbs	100 reps @ 9kg --- 20lbs	75 reps @ 4kg --- 9lbs	100 reps @ 6kg --- 13lbs	100 reps @ 6kg --- 13lbs



## APPENDIX 2

### PERCENTAGE-BASED TRAINING LOADS FOR THE SLED (LBS)

Rounded to nearest 5-lb increment

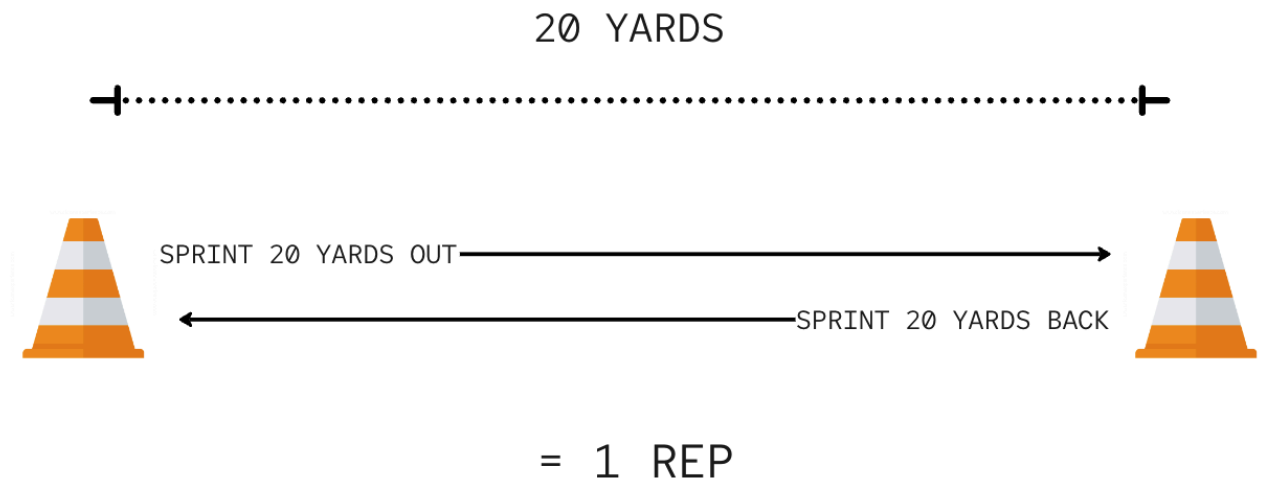
SLED PUSH	WOMEN	PRO WOMEN	MEN	PRO MEN	DOUBLES WOMEN	DOUBLES MEN	DOUBLES MIXED
100%	165	275	275	385	165	275	275
95%	155	260	260	365	155	260	260
90%	150	250	250	345	150	250	250
85%	140	235	235	330	140	235	235
80%	135	220	220	310	135	220	220
75%	125	205	205	290	125	205	205
70%	115	190	190	270	115	190	190

SLED PULL	WOMEN	PRO WOMEN	MEN	PRO MEN	DOUBLES WOMEN	DOUBLES MEN	DOUBLES MIXED
100%	110	165	165	275	110	165	165
95%	105	155	155	260	105	155	155
90%	100	150	150	250	100	150	150
85%	95	140	140	235	95	140	140
80%	90	135	135	220	90	135	135
75%	80	125	125	205	80	125	125
70%	75	115	115	190	75	115	115



## APPENDIX 3

### SHUTTLE RUN LADDER SET-UP



E2MOM 16 20m Shuttle run ladder:

Start at 1 rep, continue adding 1 rep every second minute (or until you cannot finish the run within the 2-minute interval)

00:00 - 1 rep (out and back once)

02:00 - 2 reps (out and back twice)

04:00 - 3 reps (out and back 3x)

...

10:00 - 6 reps (out and back 6x)

...

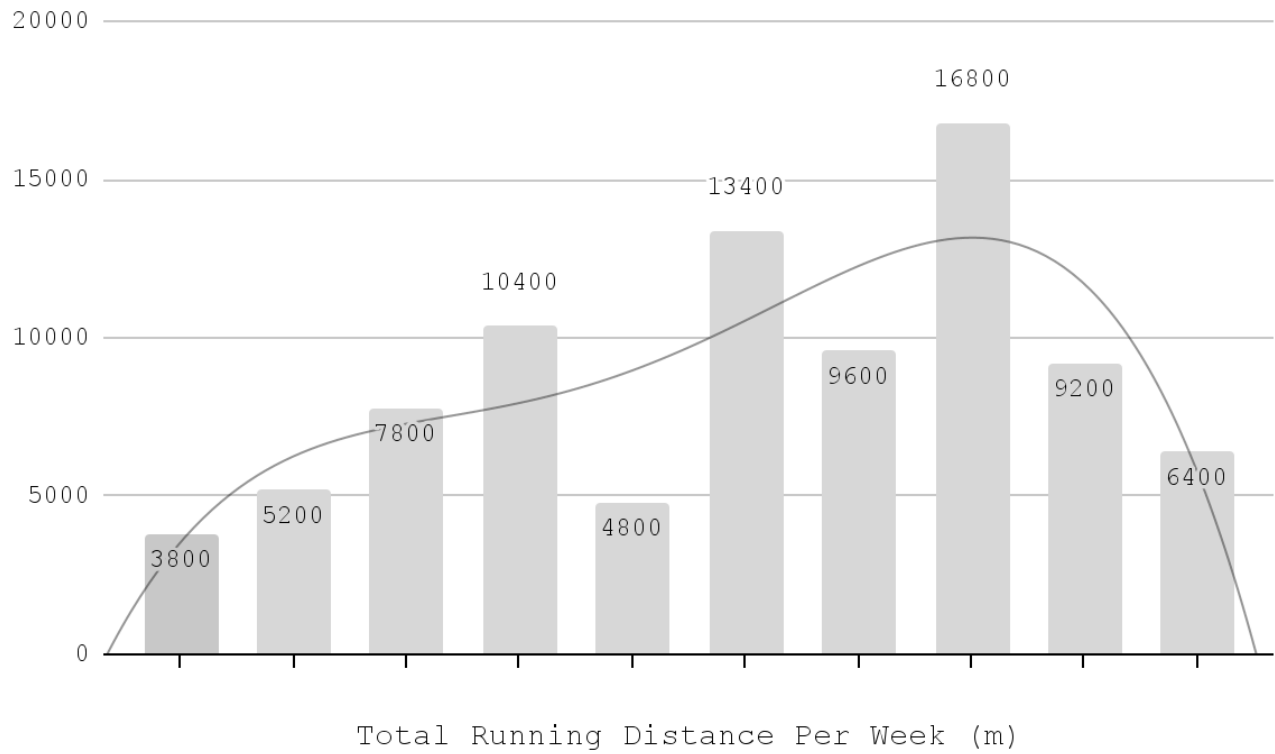
16:00 - 9 reps (out and back 9x)



## APPENDIX 4

### RUNNING VOLUME DISTRIBUTION

87.4km across 10 weeks





## APPENDIX 5

### PREDICTING YOUR RACE TIME FROM 80% SPLITS

Assume that  $t$  is the athlete's total time when they perform the workout at 80% of the competition distances and reps.

For each split:

$$t_{100} = t_{80}/0.8$$

Where,  $t_{80}$  represents each split at 80% and  $t_{100}$  represents the predicted competition time for that split.

Sum the  $t_{100}$  values to get the predicted total HYROX time ( $T$ ):

$$T_{HYROX} = \sum t_{100}$$

Create a spreadsheet. For each recorded split, divide by 0.8 to get the predicted time for the full 100% distance or reps. Do this for each split. Add up all the predicted split times to get the total predicted HYROX time.

It's worth noting that while this method provides a mathematical estimate based on proportionality, other factors like athlete fatigue, pacing strategy, breaks, and transitioning between exercises can also affect the total competition time. The equation offers a starting point, but real-world results will vary.



Scan the QR code to access a free spreadsheet where you can enter your splits and calculate  $T_{HYROX}$ . You'll need to have the Google Sheets app installed on your mobile device.



## OTHER NOTES

Use this page to record times, reps, scaling/modifications, or other observations.



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