

Workout Library

Created by Maarten Enthoven | Elite 15 Hyrox Athlete

This library provides a variety of example sessions focused on different training goals. Use these as samples to build a balanced weekly schedule that targets running and Hyrox-specific strength.

How to use: The workouts below are listed in order of priority and importance. Start with the "Compromised Running" and "Running Interval" sessions as your foundation.

Workout 1

Compromised Running (Hard Hyrox/Hard Running)

GOAL: MIMIC THE FATIGUE OF THE RACE. HIGH INTENSITY, HIGH VOLUME.

The Sim (Pyramid Protocol)

- Perform the following run/push ladder, then move to the next station (Wall Balls, Lunges, or Burpees) following a similar metabolic profile.
- Round 1:** 800m Run + 10m Sled Push (Heavy).
- Round 2:** 600m Run + 20m Sled Push.
- Round 3:** 400m Run + 30m Sled Push.
- Round 4:** 200m Run + 40m Sled Push.
- Switch Station:** Repeat the structure for Wall Balls (e.g., 800m/10 reps → 200m/40 reps), or any other station.

Workout 2

Running Intervals (Zone 4/5)

GOAL: IMPROVE VO2 MAX AND SPEED ENDURANCE.

8 x 1k repeats

- Warm-up:** 2km progressive run.
- Main Set:** 8 x 1000m at Faster than Hyrox Race Pace (5k-10k pace).
- Recovery:** 90 seconds standing rest or slow walk.
- Cool-down:** 1km very slow jog.

Workout 3

Zone 3 Running (Marathon Pace / Tempo)

GOAL: SUSTAINED EFFORTS JUST BELOW THE LACTATE THRESHOLD.

The Sustainer

- Warm-up:** 5 min Zone 2.
- Main Set:** 3 x 4000m at Zone 3 (Marathon Pace).
- Recovery:** 3 min walking/light jogging between sets.
- Cool-down:** 10 min easy jog.

Workout 4

Zone 2 Ergs / Bike / Treadmill / Stairmaster

GOAL: LOW-IMPACT AEROBIC BASE BUILDING.

Slow Burner (Choose one or combine multiple)

- 30 min Row:** Low cadence (22–24 spm).
- 30 min SkiErg:** Low cadence (35–45 spm).
- 120 min Bike:** Low resistance, normal cadence (80–90 RPM).
- 60 min Stairmaster:** (Optional weight vest).
- 60 min Treadmill Uphill:** + Weight Vest.

Workout 5

Hyrox + Downhill Running (Rest)

GOAL: SPECIFIC MOVEMENT PRACTICE WITH CONTROLLED RECOVERY.

Hyrox Flow Intervals

- Structure:** 1 min ON / 1 min OFF.
- ON (Work):** Choose one Hyrox movement per interval: Sled Push, Sled Pull, Kettlebell Farmers Carry, Wall Balls, Burpee Broad Jumps, or Sandbag Lunges.
- OFF (Rest/Recovery):** Treadmill set to -5% incline at 12km/h. Focus on heart rate recovery.

Workout 6

Treadmill Uphill + Weight Vest + Bodyweight Strength

GOAL: MUSCULAR ENDURANCE UNDER HIGH CARDIOVASCULAR DEMAND.

Weighted EMOM Intervals

- Structure:** 1 min ON / 1 min OFF for 30–40 minutes.
- ON (Work):** Uphill treadmill (10–15% incline) wearing weight vest. Perform one of: Pull-ups, Push-ups, Ab wheel rollouts, Back Extensions, Burpees, etc.
- OFF (Rest/Recovery):** Slow walk on treadmill uphill.

Workout 7

Strength Work + Treadmill (Zone 2)

GOAL: MAINTAIN AEROBIC STATE WHILE UNDER MODERATE MUSCULAR LOAD.

The Hybrid Flow

- Setup:** Treadmill at 0% Incline, Zone 2 pace.
- Circuit (Repeat 5–8 times):**
 - Slow walk on treadmill uphill.
 - 10 Squats → 1 min Run
 - 10 Deadlifts → 1 min Run
 - 10 Bench Press or Push-ups → 1 min Run

Workout 8

Olympic Weightlifting Session

GOAL: DEVELOP EXPLOSIVE POWER, COORDINATION, AND TECHNICAL PROFICIENCY.

The Oly Technical Set

- Setup:** Treadmill at 0% incline, Zone 2 pace.
- Clean & Jerk:** 5 sets x 2 reps (Stable catch and drive).
- Front Squat:** 3 sets x 5 reps (Upright torso).
- Clean Pulls:** 3 sets x 3 reps (Focus on extension).

Workout 9

Strength Training (5x5 Protocol)

GOAL: INCREASE MAXIMAL FORCE PRODUCTION.

The Foundation

- Back Squat:** 5 sets x 5 reps.
- Deadlift:** 5 sets x 5 reps.
- Bench Press:** 5 sets x 5 reps.
- Barbell Rows:** 5 sets x 5 reps.
- Hip Thrusts:** 5 sets x 5 reps.
- Note:** Rest 2–3 minutes between sets.

Workout 10

Running + Calisthenics

GOAL: MUSCULAR ENDURANCE AND TRANSITION EFFICIENCY.

The Calisthenics Park Circuit

- Repeat for 5 Rounds:**
 - 10 min Run: Moderate/Steady pace to reach the park.
 - Calisthenics Set: Press:** 5 Pull-ups, 10 Dips, 15 Push-ups, 10 Leg Raises, 10 Horizontal Pull-ups.
 - 15 Burpees:** Perform as the transition movement.
 - No rest:** Go directly into the next 10-minute run set.

These sessions are just the beginning. Real progress comes from consistency and data-driven adjustments. If you're ready to stop guessing and start optimizing reach out:

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