

**Here's a structured 6 Week HYBRID training program for gym members preparing for their first HYROX event.**



General Structure (Applies to All Levels)

3-5 sessions per week, combining strength, endurance & skill work.

Minimal equipment required using kettlebells, dumbbells, & plates instead of sandbags.

Progressive overload gradually increasing running volume, strength work & movement efficiency.

Modifications provided for different fitness levels.

### **6 Week HYROX Entry Program (For Beginners or Those Short on Time)**

**Repeat each week & increase intensity / Final week reduce intensity.**

**Goal:** Build foundational endurance, strength, and movement patterns.

#### **Weekly Breakdown:**

##### **Day 1 – Strength & Power Focus**

KB Goblet Squat – 3x12

DB Deadlifts – 3x12

Sled Push Simulation – 3x25m

KB Farmers Carry – 3x50m

Core Work: Hanging Knee Raises or Plank – 3x30s

##### **Day 2 – Hybrid Session (Cardio + Strength)**

800m Run

500m Ski Erg

25m Sled Push

800m Run

40m Sled Pull (Drag with Rope)

800m Run

20x DB Thrusters

### **Day 3 – Running & Conditioning**

2000m Run (Easy Pace)

3x200m Fast Sprints

400m Farmers Carry (Rest as needed)

### **Day 4 – Recovery or Optional Mini Hybrid Session**

500m Row

100m Walking Lunges (Bodyweight or Light KBs)

25m Burpee Broad Jumps

500m Row

500m Run Treadmill

### **Day 5 – HYROX Simulation (Shorter Version)**

500m Run

500m Ski Erg

25m Sled Push

500m Run

25m Sled Pull

500m Run

25m Burpee Broad Jumps

500m Run

500m Row

100m Farmers Carry

500m Run

50x Wall Balls

**Scaling Options:**

Reduce reps, weights, or distances for beginners.

Increase intensity for experienced individuals.

**Gym Equipment Considerations:**

Replace Treadmill runs with Elliptical if joints are sore.

Use kettlebells or dumbbells for lunges and carries.

Keep exercises compact to avoid disrupting other members.

This structure should suit a variety of members and progress them towards a HYROX event while staying mindful of space and equipment.