

# HYROX — GORUCK

## WEEK 01 BASE

### MONDAY

#### HYROX EXPRESS

##### WORKOUT

For Time:  
30-25-20-15-10  
HR Push Ups  
Sandbag Deadlift  
Sandbag Hang Clean  
Sandbag S20H

##### NOTES

Push Ups should be STRICT: No sagging core, hips and shoulders in line

HR= Hand Release at bottom of push up

Expect to break up sets

25 Min Time Cap

### TUESDAY

#### HYROX AEROBIC

##### WORKOUT

45 Min Run w/GORUCK Vest

##### NOTES

Conversational pace & effort

Priority is getting comfortable with the vest

Adjust distance as needed

Modify to a run/walk if needed

### WEDNESDAY

#### HYROX SPEED

##### WORKOUT

6 x 4 Min AMRAP  
4:00 on/2:00 off  
400m Run  
15 Sandbag Front Squat  
Max Burpee Over Sandbag

##### NOTES

Each round should be a 80-90% effort

Goal is pacing and consistency across rounds

Front Squats should be unbroken

Score = number of burpees

### THURSDAY

#### HYROX RUN SPEED

##### WORKOUT

6 x 400m Run  
2 Mins Rest after each

##### NOTES

Unvested, focus on running mechanics and pacing

Each 400m should be faster than race pace

Record each 400m split

Log results and note changes in pace, what you are able to hold, etc.

The goal should be to find what pace you can maintain without leaving anything in the tank

### FRIDAY

#### HYROX ENGINE

##### WORKOUT

For Time: w/GORUCK Vest  
50 Burpees Over Sandbag

4x

50 Sandbag Walking Lunges (Back Rack)  
25 Sandbag Thrusters  
400m Run

50 Burpees Over Sandbag

##### NOTES

Burpees are done once at the beginning and once at the end as a buy in and cash out

Sandbag thrusters may need to be broken in 2 sets

45 Min Time Cap

# HYROX — GORUCK

## WEEK 02 BASE

### MONDAY

#### HYROX EXPRESS

##### WORKOUT

##### 3 RFT:

400m Sandbag Run  
30 Sandbag Lunge  
30 Sandbag Squat  
400m Run- No Sandbag

##### NOTES

Unvested

Hold the sandbag any way throughout

Don't let your sandbag touch the ground unless you are on the last 400m run at the end of each round

### TUESDAY

#### HYROX SPEED

##### WORKOUT

20 Min Alt EMOM  
w/GORUCK Vest

:50 on/:10 off  
Sandbag S20H  
Push Ups  
200m Run  
Rest

##### NOTES

10 seconds to transition between rounds

Shoot for as many reps as possible each round

You get a full minute rest at the end of each round, including whatever extra you had after the 200m Run

### WEDNESDAY

#### HYROX AEROBIC

##### WORKOUT

60 Min Run w/GORUCK Vest

Within the 60 min window, complete 2 x 15 Min Pickups

##### NOTES

Stay aerobic for the majority of the 60 minutes

Adjust pickups as needed

Only objective is to change/pick up pace, go by feel

### THURSDAY

#### HYROX STRONG

##### WORKOUT

##### 3 Rounds:

1:00 on/1:00 off  
Push Up  
Sandbag Bent Over Row  
Sandbag Squat Jump  
Sandbag Hang Clean & Jerk

##### NOTES

Focus on strength and quality of movement

Equal Work:Rest

Modify to basic squat if needed

Squat depth takes priority

### FRIDAY

#### HYROX ULTRA

##### WORKOUT

##### For Time: w/GORUCK Vest

1 Mile Run  
100 Front Rack Sandbag Squat  
1 Mile Run  
100 Back Rack Sandbag Walking Lunge  
1 Mile Run  
100 Burpee + Overhead Sandbag Toss  
1 Mile Run/Ruck + Sandbag

##### NOTES

Ensure proper range of motion is achieved on squats and lunges

Burpee facing the bag, toss overhead [behind you] turn around and do another burpee + toss

Last mile bring your sandbag with you, run/walk/ruck your way to the finish

## WEEK 03 PACCE

### MONDAY

#### HYROX EXPRESS

##### WORKOUT

For Time: w/GORUCK Vest

30-25-20-15

Sandbag Over the Shoulder

Sit Ups

Sandbag S20H

200m Overhead Sandbag Carry

##### NOTES

Pick up and toss sandbag over shoulder from the ground

Sandbag optional on sit ups- if using it, hold above head

Overhead Carry: Sandbag cannot touch your head

### TUESDAY

#### HYROX SPEED

##### WORKOUT

6 x 3 Min AMRAP:

3:00 on/1:30 off

12 Sandbag G20H

20 Lateral Sandbag Jumps

Max Burpee Over Sandbag

##### NOTES

Maintain hold of sandbag for all G20H reps

Jump laterally over sandbag with 2 foot take off and 2 foot landing

Burpee over sandbag- 2 foot take off 2 foot landing

Hopping/Skipping over sandbag is a modification option

### WEDNESDAY

#### HYROX RUN SPEED

##### WORKOUT

4 x 1000m Run at Race Pace

2 Mins rest after each

##### NOTES

Record each 1000m Split

Log results and note changes in pace, what you are able to hold, etc.

The goal should be to find what pace you can maintain without leaving anything in the tank

### THURSDAY

#### HYROX EXPRESS

##### WORKOUT

On a Running Clock: w/GORUCK Vest

0:00-12:00

AMRAP:

15 Sandbag Thrusters

12 Push Ups

200m Run

12:00-22:00

AMRAP:

25m Bear Crawl

100m Overhead Sandbag Carry

22:00-30:00

AMRAP:

8 Sandbag Hang Squat Clean

5 Burpee + Sandbag G20H

##### NOTES

All Vested

Each AMRAP goes immediately into the next

Bear Crawl any way, hands and feet only touching the ground

Overhead Sandbag Carry any way, do not allow sandbag to touch your head

For each Hang Squat Clean rep, sandbag must start from the "hang" position

Burpee + Sandbag G20H: 1  
Burpee + 1 G20H = 1 rep

### FRIDAY

#### HYROX ULTRA

##### WORKOUT

5 RFT: w/GORUCK Vest

800m Run

40 Sandbag Walking Lunge

20 Burpee Broad Jump

400m Sandbag Run

##### NOTES

This should be a 50+ min workout

800m Run without sandbag, 400m run with sandbag

All with GORUCK Vest

## WEEK 04 PACER

### MONDAY

#### HYROX EXPRESS

##### WORKOUT

##### 4 RFT:

100m Sandbag Drag (Reverse)  
15 Sandbag S2OH  
20 Zercher Sandbag Squat  
200m Single Arm Sandbag Farmer Carry

##### NOTES

Drag: Hold Sandbag with both hands and walk/run backwards for 100m

Zercher Hold: Hold Sandbag in a curl position (palms facing towards you) and squat

Single Arm Carry- switch arms as needed

Unvested

### TUESDAY

#### HYROX SPEED

##### WORKOUT

E3MOM x 10 w/GORUCK Vest  
50m Bear Crawl  
200m Sprint  
Rest in time remaining

##### NOTES

Focus on getting immediately into the run after Bear Crawl

Each interval should be a near max effort

Adjust time on clock so you have at least :45-1:00 rest after each run

### WEDNESDAY

#### HYROX RUN SPEED

##### WORKOUT

8 x 400m Run  
2 Mins Rest after each

##### NOTES

Challenge yourself to see what you're capable of- push the pace on these 400s

Keep track of your splits and see where you fall off

Goal should be to find your breaking point

### THURSDAY

#### HYROX SPEED

##### WORKOUT

Every 3:30 x 5 w/GORUCK Vest  
20 Sandbag Thruster  
200m Sprint  
Rest in time remaining

##### NOTES

Focus is SPEED

Thrusters unbroken

No rest, immediately into the 200m Sprint

### FRIDAY

#### HYROX ULTRA

##### WORKOUT

4 RFT: w/GORUCK Vest  
400m Sandbag Carry/Run  
50m Sandbag Lunge  
100m Single Arm Sandbag Farmer Carry  
25m Burpee Broad Jump  
1000m Run

##### NOTES

Hold sandbag any way during 400m Run

Do not set down the sandbag during lunges

Switch arms as needed on farmer carry

1000m Run without sandbag

# HYROX — GORUCK

## WEEK 05 ACCELERATE

### MONDAY

#### HYROX SPEED

##### WORKOUT

5 Rounds: w/GORUCK Vest

500m Run

\*Movement

500m Run

2 Mins Rest

Round 1: 50m Bear Crawl

Round 2: 40 Burpee Broad Jumps

Round 3: 200m Farmer Carry

Round 4: 80 Sandbag Lunge

Round 5: 50 Sandbag Thruster

##### NOTES

Focus is on run pace

Each round starts and ends with a 500m Run

Take splits of each run

Each run should feel like a race pace effort

The movement will change each round

Do the movement that corresponds to the round

### TUESDAY

#### HYROX ENGINE

##### WORKOUT

4 RFT: w/GORUCK Vest

25 Sandbag Bradford Press

100m Sandbag Overhead Carry

25 Zercher Sandbag Squat

200m Sandbag Run

25 Sandbag Lunges

400m Run- No Sandbag

##### NOTES

1 rep of Bradford Press = every time sandbag comes over head

1 rep in front, 1 rep behind = 2 reps

Full extension of arms is not required

Go directly into Sandbag Overhead Carry

Zercher Hold: Hold Sandbag in a curl position (palms facing towards you) and squat

Hold sandbag any way during 200m run (NO sandbag during 400m run)

### WEDNESDAY

#### HYROX RUN SPEED

##### WORKOUT

12 x 200m Max Effort

90 Sec rest after each

##### NOTES

Each 200m should be a build to sprint

Start at 80% effort for first 100m, build to sprint for the remainder

Record splits

### THURSDAY

#### HYROX SPEED

##### WORKOUT

Every 5:00 x 6

Sandbag Bear Complex (35 reps)

200m Run

Rest in time remaining

##### NOTES

Bear Complex =

- 1 Sandbag Clean
- 1 Sandbag Front Squat
- 1 Sandbag Push Press
- 1 Sandbag Back Squat
- 1 Sandbag Behind Neck Press

- x 7 rounds without letting go of the sandbag

### FRIDAY

#### HYROX ULTRA

##### WORKOUT

For Time: w/GORUCK Vest

50-30-10

Burpee Over Sandbag

Front Rack Sandbag Squat

Back Rack Sandbag Lunge

Sandbag Push Press

\*1000m Run after each round

##### NOTES

3 Rounds Total

Descend reps each round

Jump laterally over sandbag during burpees

2 foot take off, 2 foot landing

Modify by stepping over sandbag

# WEEK 06 ACCELERATE

## MONDAY

### HYROX SPEED

#### WORKOUT

8 Rounds:  
400m Run  
25 Reps  
2:00m Rest

Round 1: Sandbag Squat + Overhead Toss

Round 2: Sandbag Lunge

Round 3: Sandbag S2OH

Round 4: Sandbag Squat

Rounds 5-8: Repeat

#### NOTES

Focus is on run speed

Record splits for each, try to stay consistent but aim for faster than race pace

Do 25 reps of the corresponding movement immediately after the run

You will go through each movement 2x total

2:00 rest after each round

## TUESDAY

### HYROX ENGINE

#### WORKOUT

4 RFT: w/GORUCK Vest  
1000m Run  
20 Burpee Broad Jump  
40 Sandbag Walking Lunge

#### NOTES

1000m Runs should feel like race effort

Focus on steady and consistent pacing on burpee broad jumps and lunges

## WEDNESDAY

### HYROX RUN SPEED

#### WORKOUT

6 x 400m HARD  
2 Mins Rest

#### NOTES

Don't hold back on these 400s

See where you can hang and where you fall off

Record Splits

## THURSDAY

### HYROX SPEED

#### WORKOUT

5 Rounds: w/GORUCK Vest  
200m Single Arm Sandbag Farmer Carry  
20 Sandbag Hang Cleans  
20 Sandbag Thrusters  
400m Run  
1:00 Rest

#### NOTES

Switch arms as needed on farmer carry

Each round should feel like an 85-95% effort

Limit breaks on hang cleans and thrusters

## FRIDAY

### HYROX ULTRA

#### WORKOUT

Partition Any Way: w/GORUCK Vest

For Time: [70/53]

3000m Run  
75 Sandbag Zercher Squats  
75 Push Ups  
50 Sandbag Thrusters  
50 Burpee Broad Jump  
400m Overhead Sandbag Carry  
400m Single Arm Sandbag Farmer Carry  
100m Bear Crawl

#### NOTES

Partition reps in any way, in any order

Zercher Hold: Hold Sandbag in a curl position (palms facing towards you) and squat

Overhead Sandbag Carry any way, do not allow sandbag to touch your head

# HYROX — GORUCK

## WEEK 07 PRIME

### MONDAY

#### HYROX ENGINE

##### WORKOUT

3 RFT: w/GORUCK Vest  
200m Single Arm Sandbag Farmer Carry  
20 Burpee Broad Jumps  
30 Sandbag Lunge  
800m Run

##### NOTES

Switch arms as needed on farmer carry

Practice different Burpee Broad Jump techniques [step back/jump back/step up]

Focus on steady pacing

### TUESDAY

#### HYROX EXPRESS

##### WORKOUT

25 Min AMRAP: w/GORUCK Vest  
15 Push Ups  
20 Sandbag Thrusters  
800m Run

##### NOTES

This should be a moderate-recovery pace

Stay steady and consistent

### WEDNESDAY

#### HYROX RUN SPEED

##### WORKOUT

4 x 800m Run @ Race Pace

##### NOTES

These should feel fresh

Run at what you feel is race pace

Record Splits

### THURSDAY

#### HYROX AEROBIC

##### WORKOUT

45-60 Min Run w/GORUCK Vest  
6 x 1 Min Pickup  
2 Mins Easy between each

##### NOTES

Complete 6 x 1 Min Pickup/2 Min Easy at some point during the run

The pickup can be hard-moderate depending on how you're feeling

### FRIDAY

#### HYROX ENGINE

##### WORKOUT

For Time: w/GORUCK Vest  
800m Run  
40 Burpee Broad Jumps  
-1 Min Rest-  
800m Run  
400m Single Arm Sandbag Farmer Carry  
-1 Min Rest-  
800m Run  
100 Sandbag Lunges  
-1 Min Rest-  
800m Run  
50 Sandbag Thrusters

##### NOTES

Treat each round as race effort

1 Minute Rest after each round

Approach each round with intensity, record splits of each 800m run

Aim for consistent run times

# HYROX — GORUCK

WEEK

08

RACE WEEK

RACE

MONDAY

## HYROX EXPRESS

### WORKOUT

4 RFT: w/GORUCK Vest  
400m Run  
25 Front Rack Sandbag Squats  
400m Run  
25 Walking Sandbag Lunge

### NOTES

Moderate Pace

Focus on movement quality, not speed

TUESDAY

## HYROX AEROBIC

### WORKOUT

40 Min AMRAP  
Alternate every 400m  
-Run with Sandbag  
-Run without Sandbag  
GORUCK Vest Optional

### NOTES

Movement is the goal

Go by Feel

Vest Optional

WEDNESDAY

## HYROX SPEED

### WORKOUT

8x: w/GORUCK Vest  
200m Build to sprint  
10 Burpee Broad Jump  
1 Min Rest

### NOTES

These should feel fresh

Build to a sprint

Adjust the number of Burpee Broad Jumps as desired

THURSDAY

## HYROX AEROBIC

### WORKOUT

45 Min Easy Run  
GORUCK Vest Optional

### NOTES

This could be a feel good job

Vest is optional

FRIDAY

## HYROX AEROBIC

### WORKOUT

OPTIONAL: 20-30 Min Shake Out Run

### NOTES

Totally optional depending on how you're feeling

Only if you think your legs will benefit from a quick/easy run

Don't stress about getting it in

Vest optional