

# 4-Week HYROX Workout Plan

## Week 1

- Day 1 – Hybrid Day: 45-min Robin HYROX Bootcamp, 5-minute core
- Day 2 – Run Day: 30-min Endurance Run Marcel Dinkins, 10-min lower body stretch
- Day 3 – Strength Day: 20-min Full Body Strength Robin, 20-min Intervals Run Becs Gentry
- Day 4 – Run + Strength Combo: 20-min Interval Run Robin Arzon, 10-min Core, 10-min Glutes/Legs Robin Arzon
- Day 5 – Recovery Day: 20-min Walk, 20-min Pilates/Yoga

## Week 2

- Day 1 – 75-min HYROX Bootcamp (Robin + Andy)
- Day 2 – 45-min Endurance Run Alex Toussaint
- Day 3 – 30-min Full Body Strength Adrian Williams
- Day 4 – 30-min Tread Bootcamp Jess Sims
- Day 5 – 20-min Yoga

## Week 3

- Day 1 – 45-min HIIT Run Robin Arzon
- Day 2 – 45-min Tread Bootcamp Andy Speer
- Day 3 – 60-min Run Marcel Dinkins
- Day 4 – 30-min Tempo Run Becs Gentry
- Day 5 – Recovery walk

## Week 4

- Day 1 – HYROX Bootcamp 45 min Robin Arzon
- Day 2 – 45-min Run Kirsten Ferguson

- Day 3 – 30-min Full Body Strength Robin Arzon
- Day 4 – 45-min Tread Bootcamp Jess Sims
- Day 5 – Mobility + Walk