

ENDURANCE EVENT & HYROX



Playbook



GOAL:	Train for output, efficiency, and durability.
IDEAL FOR:	<ul style="list-style-type: none">● HYROX athletes or people preparing for HYROX● Runners adding strength● Competitive members who thrive on structure● Former athletes

PHYSIOLOGICAL FOCUS (THE WHY)

Muscle hypertrophy requires specific stress + recovery + fuel.

HYROX DEMANDS:

- Aerobic efficiency
- Strength under fatigue
- Lactate tolerance
- Muscular endurance
- Movement economy

THIS JOURNEY BALANCES:

- High-intensity stress
- Aerobic base work
- Strength preservation
- Recovery to prevent overtraining

EXPECTED OUTCOMES (4-8 WKS)

- Improved pacing and aerobic capacity
- Strength retention during endurance phases
- Faster recovery between efforts
- Confidence heading into race prep

WEEKLY STRUCTURE (New to HYROX)

This prevents the classic mistake: too much intensity, not enough structure.

TRAIN hybrid	2x/week (class, 1:1 with a personal trainer OR small group HYROX training)
STRENGTH	2 x per week
Run Club	1 x per week
Yoga recover or active recovery in OPEN GYM	1 x per week
Complete rest day	1 x per week
Optional Personal Training Session	1-2 x per week

FUEL & NUTRITION GUIDELINES

Endurance performance lives and dies by fuel. Under fueling = fatigue, injury, stalled performance.

- Carbohydrates are essential
- Fuel before long or intense sessions
- Protein to preserve lean mass
- Practice race-day fueling in training

NEXT STEPS:	Book your classes in the App & schedule your Personal Training Orientation. Fill out the form linked here, and a member of the EBF Personal Training team will contact you shortly!
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