

Open Gym Hyrox Workouts

1. Erg Fitness - For Time

500m Ski
500m Row
1min Rest

1000m Ski
1000m Row
90sec Rest

1500m Ski
1500m Row
2min Rest

2000m Ski
2000m Row

2. Compromised Stations

800m Run (600 slightly slower than race pace / 200 slightly faster)
500m Ski
800m Run
500m Row
800m Run
50m BBJ
800m Run

3 Min Rest

800m Run
50m Tank Push
800m Run
100m Walking Lunges (Hyrox Weight)
800m Run
100 Wall Balls (Hyrox Weight)

3. Erg Fitness 80% Controlled

1000m Ski
1000m Row
800m Ski
800m Row
600m Ski
600m Row
400m Ski
400m Row
200m Ski
200m Row

4. Pre-Compromised Run

5min Run (6/10 effort)

2min Rest

4min Ski
4min Run
3min Ski
3min Run

2min Rest

4min Row
4min Run
3min Row
3min Run

2min Rest

100 Walking Lunges (Hyrox Weight)
4min Run
50 Walking Lunges (Hyrox Weight)
3min Run
100 Wall Balls

5. Erg Fitness - 500s

1000m Easy Row
1000m Easy Ski

3 Min Rest

6 x 500m Row 1min rest (log splits)

3 Min Rest

6 x 500m Ski 1min Rest (log splits)

1000m Easy Row
1000m Easy Ski

6. Strength Endurance

5 Rounds at 6/10
400m Ski
400m Row

5min Rest / Stretch

5 Rounds:

10 Explosive Push Up
20m BBJ
20m Walking Lunge (BW)
40m Walking Lunges (Hyrox Weight)
1min Rest

3min Rest

5 Rounds:

20 Fast Step Ups Each
20m Sled Push
10 Goblet Squat
25 Wall Balls
1min Rest

7. Erg 800s

1000m Easy Ski
1000m Easy Row

3 Min Rest

3 Rounds:

800m Ski
1min Rest
800m Row
2min Rest

Cool Down
1000m Easy Ski
1000m Easy Row

8. Erg Fitness - 500s No2

Warm Up
500m Easy Ski
500m Easy Row

10 Rounds For Time
500m Row
500m Ski

9. Hyrox 45 Min AMRAP

500m Run
500m Ski
500m Run
500m Row
500m Run
200m Farmers Carry

10. Sleds / Lactate Build Up

2 Rounds

1.2km Run
4min Sled Push
600m Run
2min Sled Push
300m Run
2 Min Rest

2 Rounds

1.2km Run
4min Sled Pull
600m Run
2min Sled Pull
300m Run
2 Min Rest

11. Aerobic Volume

For Time:

5km Run
3km Row
3km Ski

12. Aerobic Volume

2km Run
1km Ski
2km Run
1km Row
2km Run
1km Ski
2km Run
1km Row
2km Run

13. Aerobic Volume - AMRAP

75 Min AMRAP

500m Row
500m Ski
1km Run

14. Sled Intervals

5 Rounds:
30sec Sled Pull
1min Rest

2min Rest

5 Rounds:
1min Sled Pull
90sec Rest

3min Rest

5 Rounds:
30sec Sled Push
1min Rest

2min Rest

5 Rounds:
1min Sled Push
90sec Rest

15. Aerobic Volume - Rower / Burpees

10km Row
Every 5min hop off and do 15 Burpees and 30 BW Squats

Continue until 10km is complete.

16. Compromised Ergs

5 Rounds:

800m Run
2min Ski Erg
400m Run
2min Row
1min Run

2min Rest

17. Sled / Run

3km Run Steady

3 Rounds
3min Sled Push
2min rest

3min Rest

3 Rounds
3min Sled Pull
2min Rest

3km Steady Run

18. Compromised Burpees / Lunges

5 Rounds:

3min Run
30m BBJ
2min Run
30m Walking Lunges Hyrox Weight
1min Run
2min rest

19. Compromised Sled Push

5 Rounds:

800m Run
2min Sled Push
400m Run
2min Sled Push
1min Run

2min Rest

20. Hyrox 40 Min EMOM

E5MOM

Start each run on the top of the 5minutes - time remaining station work

500m Run into max distance Ski Erg

500m Run into max distance Sled Push

500m Run into max distanced Sled Pull

500m Run into max distance BBJ

500m Run into max distance Row

500m Run into max distance Farmers Carry

500m Run into max distance Walking Lunges

500m Run into max rep wall balls