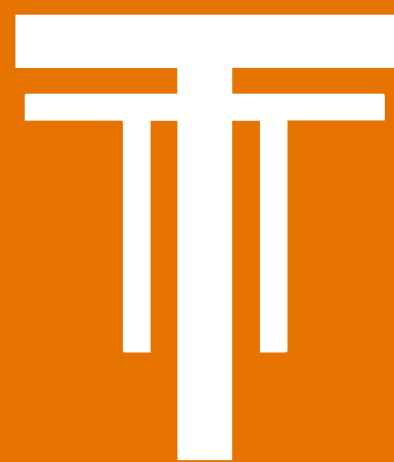


2025 SAMPLE

EFFORT IS A CHOICE

#TTTATHLETE



HYROX

SAMPLE TRAINING WEEKS

TRAINING THINK TANK



	LOWER BODY STRENGTH ENDURANCE	RUN FOCUSED	UPPER BODY STRENGTH ENDURANCE	MIXED CYCLICAL	MIXED HYROX
WEEK 2	<p>A. Back Squat; 6 reps x 4 sets; rest 2min bw sets (6.5-7.5/ 10 RPE) B. Walking Lunge Steps; 12 reps/leg x 4 sets; rest 60 seconds between sets (heavier loading than last week)</p> <p>+ 6 Sets, alternating (3 each): ODD: 500m Row 40m Sled Push @ tough, grindy loading 15 Wall Balls rest 90 seconds Even: 500m Ski 40m Sled Pull @ tough, grindy loading 15 Wall Balls rest 90-180 seconds</p>	<p>5 minute run easy into: 5 x 15s stride at 10k effort, 45s jog recovery + 2k run @ 5/10 RPE + 4-5 Sets of: 1k Run @ 7.5/10 RPE 2-3min recovery walk between sets + 10 minute jog cooldown</p> <p>RPE CHART: https://static1.square-space.com/static/633b21464ad2e-2634fac469f/t/6434cdab7077d826f-27de7ac/1681182123194/TTT-RPE-Guide.pdf</p>	<p>A. Close Grip Bench Press; 6 reps x 4 sets; rest 2min bw sets (6.5-7.5/10 RPE) B. Strict Lean Away Pull-up @ 31x1; AMRAP (-1) x 4 sets; rest 2min bw sets C1. Top to top DB Shoulder Press; 8-10 reps x 3 sets; rest as needed (add load from last week) C2. Top to top DB Bent Row; 8-10 reps x 3 sets; rest as needed (add load from last week)</p> <p>+ 20min EMOM: Odd: 40 Sec AMRAP Row Calories Even: 40 Sec AMRAP Burpee Broad Jumps + 400m Farmers Carry for Time @ 70/53lbs</p>	<p>3 Sets each of: Odd 800m Run 500m Row rest 2-4min Even 800m Run 500m Ski Rest 3-6min</p> <p>**The goal is to perform these intervals at the same pace as last week</p> <p>+ Extra Credit Pump: 2x AMRAP-1 each movement, rest 30 second between movements -BB Bicep Curl -Lying Skull Crusher -DBL DB Zottman's Curl -DB Tate Press Rest 2min after each set</p>	<p>Every 3min x 6 (3 each) ODD: 2min AMRAP 250/200m Row max rep DB Box Step Ups in remaining time (20" box - your choice loading)</p> <p>----- EVEN: 2min AMRAP 250/200m Ski max rep burpees to target in remaining time</p> <p>These should be performed at a high intensity but keep your effort sustainable throughout rest 4-8 minutes, then: Every 3min x 6 (3 each) ODD: 2min AMRAP 250/200m Row Max reps of: 25' Farmers Carry + 6 KBS @ your choice loading in remaining time</p> <p>----- EVEN: 2min AMRAP 250/200m Ski max reps of: 25' Hand over Hand Sled Drag + 25' Sled Push in remaining time These should be performed at a high intensity but keep your effort sustainable throughout</p> <p>+ Extra Credit Strength Work: A. Strict Press; 6 reps x 4 sets; rest 2min between sets B. Side to Side Strict Pull-ups; 3-5 reps per side x 4 sets; rest 2min</p>
WEEK 9	<p>A1. Incline Bench Press; 8 reps x 3 sets; rest 1min (building to an 8RM by last set) A2. SandBag Box Step Up; 20 reps AFAP x 3 sets; rest 2-3min between sets B1. Bulgarian Weighted Inverted Row; 10-12 reps x 3 sets; rest 1min B2. 40m Burpee Broad Jump x 3 sets; rest 2-3min between sets</p> <p>+ 6-8 Sets of: 200m Run 20m Sled Push @ hyrox loading 50m Farmers Carry @ hyrox load rest 60-120 seconds between sets</p>	<p>5min Easy Run + 5 x 15s stride at 10k effort, 45s jog recovery + 4 Sets: 10 min @ 4-5/10 RPE 2min Easy Walk + 10min Easy Walk Cooldown</p> <p>RPE CHART: https://static1.square-space.com/static/633b21464ad2e-2634fac469f/t/6434cdab7077d826f-27de7ac/1681182123194/TTT-RPE-Guide.pdf</p>	<p>A. Barbell lunge; establish a tough set of 8 per leg - alternating, has to be finished in under 45 seconds B. Barbell RDL; 8 reps x 3 sets; rest 2min between sets C. Clapping Push-ups; 10 Explosive reps x 4 sets; rest 1min between sets (you can modify to 10 regular push-ups, with a focus on being as explosive as possible, or add a weight vest if these are easy)</p> <p>+ 6-10 Sets: 20 Sec Continuous Sled Drag (moderate load you can pull hand over hand) 20 Sec Rest 20 Sec Wall Balls 2min Easy Bike Recovery (easy spin throughout)</p>	<p>Warm-up 800m Run / Jog @ smooth-aerobic effort 500m Ski @ smooth-aerobic effort 500m Row @ smooth-aerobic effort</p> <p>+ 4x Sets; rest 4min b/t 4min Cap @ STRONG effort 1. 400m Run + Max ROW remaining time 2. 400m Run + Max SKI remaining time 3. 400m Run + Max Echo remaining time 4. 400m Run + Max Ski remaining time</p> <p>**record DISTANCE each round** ...into... into Run - 15-20min @ 10-10:30 pace (very easy / recovery level run)</p> <p>+ Pump Extra Credit: 2x AMRAP-1 each movement: A. Seated, Incl Bench DBL DB Rotational Curl B. Rope or Towel Grip Banded OH Tricep Ext C. DB 1-arm Concentration Curl D. Lying DB Skull-crusher</p>	<p>Warm-up 9min Around the world 1min Bike 1min Ski 1min Row</p> <p>*increase pace / effort each round + 800m Run @ smooth effort into for time: 50 Wall Balls 1000m Skierg 4 Laps Sled Drag (12.5m per lap) --Rest 5-- 800m Run @ smooth effort into for time: 60m Sand Bag Lunge 1000m Row 200m Farmers Carry --Rest 5-- 800m Run @ smooth effort: into for time: 80m Burpee Broad Jump 800m Run 4 Laps Sled Push (12.5m per lap) ...into... into Run - 15-20min @ (very easy / recovery level run)</p>