

UNIFIED

THE HYROX TRAINING WEEK

SEVEN DAYS. BUILT STRENGTH-FIRST.

The programming our crew trains, laid out day by day. Run it on your own, or come do it with us.

HOW TO READ THIS WEEK

THE WEEK AT A GLANCE

DAY 1	Barbell cycling, glute strength, anaerobic intervals
DAY 2	Row power, repeat efforts, zone 2
DAY 3	Front squat and bench strength, mixed intervals
DAY 4	Kettlebell cycling, continuous aerobic work
DAY 5	Clean and press strength, single leg, strength endurance
DAY 6	Gymnastics skill, chipper, arms and lower legs
REST	Rest, check in, mobility

HOW EACH DAY RUNS

1. **Movement prep first.** The mint card at the top of each day. Don't skip it.
2. **Then the parts in order.** A, then B, then C. Each card is one piece of work.
3. **Numbered parts alternate.** C1 and C2 means one set of each, back and forth, until all sets are done.
4. **Read the coach notes.** They tell you what the piece is for and how it should feel.

THE LANGUAGE

Tempo (30X1)

Four numbers for each rep: seconds lowering, pause at the bottom, lifting (X means as fast as you can), pause at the top.

RIR 2

Reps in reserve. Finish the set with two good reps still in the tank.

RPE 7

How hard it feels on a 1 to 10 scale. 7 is hard but repeatable.

Every 2 minutes for 8 minutes

Start a round at the top of each interval. Whatever time is left is your rest.

For time

Finish the work as fast as you can, without losing good movement.

YGIG

You go, I go. Partners take turns on each round.

Zone 2

A steady, conversational pace you can hold for 20 minutes or more.

Loads

Recommendations are in kilograms, men then women. Pick the load that lets you hit the target, not the number.



BUILT STRENGTH-FIRST

Absolute strength first. Engine work applied with a purpose. Race-specific skills refined over time. That's the order this week follows.

Train within your limits. If something hurts, stop and ask a coach.

DAY 1

Barbell cycling, glute strength, anaerobic intervals

Workout Specific Movement Prep

GENERAL MOVEMENT PREP

20-30s passive bar hang
5-7 inchworm cobra to downward dog
5-7 spiderman lunge rotation (each side)
5-7 cat/cow
20-30 calf pumps in downward dog

SPECIFIC WARM UP - USING A 20/15KG BARBELL

5 snatch / clean grip RDL
5 snatch / clean grip bent over row
5 snatch / clean grip high pulls
5 behind the neck snatch grip / regular strict press

OLYMPIC LIFTING WARM UP

*perform 1 round of the complex from power position, the 1 round of the complex from the floor.
3 snatch / clean high pull
3 muscle snatch / clean
3 power snatch / clean
*Begin with pauses in the position, and progress by removing the pauses.

A Every 30 seconds for 3 minutes (3 rounds):

0:00-0:30

- Alternating Drop Lunges for 20 seconds

0:30-1:00

- High Hang Muscle Cleans for 20 seconds

- Extensive plyometrics
- Focus on rhythm on all exercises
- For the alternating drop lunges, look to hit ~90 degrees at both knees
- Perform a full catch and redrive, not thigh bounce for the muscle clean
- These are great prep for our joints and central nervous system
- RPE 6

B 2 Power Cleans + 2 Hang Power Cleans

Within 10 minutes: 5 sets

Rest as needed

- Clean speed strength / Barbell Cycling
- Perform 4-5 sets
- Perform all reps and touch and go, no more than 2sec pause at the shoulders or hip
- Focus on efficiency of movement. You can use brush or catch technique
- RIR 2

C Barbell Hip Thrust (30X1 tempo)

- 3 sets of 5-7 reps

Rest 90 seconds between sets

- Glute strength
- Control your eccentric and perform a 1sec pause/squeeze at the top of each rep
- Look to increase your load each time you repeat this, this could be:
- 1) All your working sets
- 2) Heavier 1st and/or second set
- 3) Heavier final set
- RIR 2

D 4 Rounds for Time:

- 15 Dumbbell Push Presses
- 16 Gorilla Box Jump Overs

Rest 1:1 between rounds

- Anaerobic Intervals
- The aim here is smooth repeatable output
- Choose a challenging load but make sure you can complete the reps unbroken in the push press
- Use a BENCH for the box jump overs and complete each jump without the feet touching the top of the bench
- This is a good way to start incorporating rebounding into your jumps / conditioning
- Load recommendations:
- Men: 15-22.5kg
- Women: 7.5-15kg

ACCESSORIES — 3 alternating sets of:

E1 Barbell Front Rack Cyclist Squats (31X1 tempo)

- 8-10 reps

Rest 1 minute

- Quad lengthened hypertrophy
- Start light here if doing them for the first time!
- Torso as upright as possible, knees forward (over toes)
- The higher the heel elevation/slant board, the more quads we will train!
- Make sure these are pain free!
- RIR 2

E2 60 Degree Incline Chest Supported DB Y-Raises (3010 tempo)

- 8-12 reps

Rest 1 minute

- 80 degree bench
- Pronated grip
- RIR 2

E3 GHD Hollow Body Hold

- 30-45 seconds

Rest 90 seconds

- Can add a plate on your chest
- If these are too challenging, perform a bent knee hollow hold on the floor
- Perform 10-20 banded pull-aparts between sets
- Finish with 10 seconds in reserve

Workout Specific Movement Prep

GENERAL MOVEMENT PREP

20-30s passive bar hang
5-7 inchworm cobra to downward dog
5-7 spiderman lunge rotation (each side)
5-7 cat/cow
20-30 calf pumps in downward dog

SPECIFIC WARMUP - 2 ROUNDS (1 EACH SIDE)

5 Staggered stance single arm KB Romanian deadlifts
5 Staggered stance single arm KB bent over row
5 Half kneeling single arm KB press

A Every minute for 4 minutes (4 rounds):

- Row for 15-20 seconds for calories

- Starting the session with some rowing power output
- The aim here is to build your intensity across the rounds
- Start from a deadstop position each round to practice your sprint start
- Make sure to record 1 or all 3 of the following each round
- 1) Total cals + avg Cals/hr
- 2) Total distance + Avg 500m split time
- 3) Peak Power
- Understanding these will help you base future conditioning from your sprint efforts

B. 4 ALTERNATING SETS OF:

- Complete 4 rounds of 4 minutes work + 2 Mins rest
- For this piece, the goal is to find a hard but sustainable pace on the row and shuttle run (RPE 7-8/10), followed by a front plank where you have to brace and maintain position while breathing heavily
- The goal here is to train our body to improve its ability to 'recover' between hard sets, while maintaining our ability to contract throughout the whole body while aerobically fatigued
- For the row, start each piece with a 10 second 'sprint start', then settle into a smooth pace
- You are looking for repeatable efforts, achieving the same or slightly more 'points' each round

B1 Row for calories

- 2 minutes

No rest

B2 Shuttle Run

- 1 minute

No rest

B3 Front Plank

- 1 minute

Rest 2 minutes

C ACCESSORIES: BikeErg for calories

- 30 minutes

- Zone 2 Aerobic Conditioning
- 20-30 mins work
- Zone 2 helps us to build a bigger engine, meaning you get more efficient at using oxygen and fat for fuel, recover faster, and can handle higher-intensity work on top of it.
- As a general rule, we need to do at least 20 minutes of continuous zone 2 (in 1 go) to reap the benefits!
- Moderate pace, HR between 120-150BPM
- Perform using nasal breathing only for an added challenge!

DAY 3

Front squat and bench strength, mixed intervals

Workout Specific Movement Prep

GENERAL MOVEMENT PREP

20-30s passive bar hang
5-7 inchworm cobra to downward dog
5-7 spiderman lunge rotation (each side)
5-7 cat/cow
20-30 calf pumps in downward dog

SPECIFIC WARMUP - 2 ROUNDS (1 EACH SIDE)

5 Staggered stance single arm KB Romanian deadlifts
5 Staggered stance single arm KB bent over row
5 Half kneeling single arm KB press

A Front Squat (20X1 tempo)

Within 10 minutes: 4 sets of 4-6 reps

Rest as needed

- Front Squat absolute strength
- Perform 3-4 sets
- Look to increase your load each time you repeat this, this could be:
- 1) All your working sets
- 2) Heavier 1st and/or second set
- 3) Heavier final set
- Warmup with some paused front squats to build confidence and strength in the bottom position
- RIR 2

B Close Grip Bench Press (30X1 tempo)

Within 8 minutes:

- Set 1: 8 reps
- Set 2: 7 reps
- Set 3: 6 reps

Rest as needed

- Horizontal pressing absolute strength
- Hands bi-acromial width
- Look to increase your load each time you repeat this, this could be:
- 1) All your working sets
- 2) Heavier 1st and/or second set
- 3) Heavier final set
- RIR 2

C Every 2 minutes for 12 minutes (3 rounds):

Minutes 1-2

- SkiErg 20/18 calories
- Max Dumbbell Alternating Power Snatches

Minutes 3-4

- Assault Bike for 30 seconds for calories

Rest for 90 seconds

- The dumbbell snatch are to be performed alternating!
- Perform your assault bike at ~85-90% relevant to a 30sec max effort
- Choose a DB Load that allows you to stay unbroken as possible
- Load recommendations:
- Men: 15-20kg
- Women: 10-15kg

D ACCESSORIES: Strict Ring Dip (31X1 tempo)

- 3 sets of 4-8 reps

Rest as needed

- Additional upper press strength/volume
- Can be adjusted to a V-bar
- Alternatively, you can do some ring or bar Muscle-up practice here (keep the volume low, and the quality high)
- RIR 2

E Single Leg Rower Hamstring Curl (30X0 tempo)

- 3 sets of 6-10 reps

Rest as needed

- Single leg hamstring knee flexion support
- Perform 6-10 on your weaker side first
- Progressions for you to choose from (easiest to hardest):
- 1) Dual leg curl, dual leg eccentric
- 2) Dual leg curl, single leg eccentric
- 3) Single leg curl, single leg eccentric

F GHD Side Lying Rotation (2111 tempo)

- 3 sets of 6-8 reps

Rest as needed

- Midline trunk + rotation work
- Perform 6-8 on your weaker side first
- Can hug a medball (2-10kg) to make these more challenging!
- RIR 2

DAY 4

Kettlebell cycling, continuous aerobic work

Workout Specific Movement Prep

GENERAL MOVEMENT PREP

20-30s passive bar hang
5-7 inchworm cobra to downward dog
5-7 spiderman lunge rotation (each side)
5-7 cat/cow
20-30 calf pumps in downward dog

SPECIFIC WARM UP

- Spend 5 mins on your kettlebell technique

A Every 2 minutes for 8 minutes (4 rounds):

- 6 Single Kettlebell Deadlifts
- 6 Single Arm Russian Kettlebell Swings
- 6 Single Arm Kettlebell Snatches
- 6 Single Kettlebell Deadlifts
- 6 Single Arm Russian Kettlebell Swings
- 6 Single Arm Kettlebell Snatches

- Continuing our kettlebell skill / cycling
- The aim here is to get comfortable with an object we don't always spend much time on
- Use the same kettlebell for all movements and complete it as an unbroken set on your weaker arm first, then your stronger side
- Focus on the difference in technique between the swing and the snatch with keeping the KB close to your body
- RIR 3

B Every minute for 25 minutes (5 rounds):

Minute 1

- Sled Push Max Distance @ 100% bodyweight

Minute 2

- SkiErg Max calories

Minute 3

- Single Arm Kettlebell Suitcase Carry Max Distance

Minute 4

- BikeErg Max calories

Minute 5

- Single Kettlebell Front Rack Carry Max Distance

- Continuous aerobic conditioning
- Work for 50secs each round to allow 10sec transition
- Your SkiErg and BikeErg can be swapped for any other machine you have access to
- No sled? Ask a Unified coach for the best alternative
- Maintain a smooth pace throughout and switch arms however and whenever you wish on the carries
- Choose weights for the farmers and front rack carries that are challenging but you only need 1-2 breaks!
- RPE 6-7

ACCESSORIES

3 alternating sets of:

- Shoulder movement. Flow through 2-3 rounds for quality
- Prone PVC passovers with a light load on the PVC (if possible).
- Reverse Table top plank: Focus on opening up shoulder extension. If this is too challenging, keep the legs straight, and the hips closer to the ground

C1 Alternating Half Kneeling Overhead Plate Side Bends (2111 tempo)

- 10 reps

Rest as needed

C2 Weighted PVC Passthroughs (4141 tempo)

- 5 reps

Rest as needed

C3 Reverse Table Plank

- 20 seconds

Rest as needed

DAY 5

Clean and press strength, single leg, strength endurance

Workout Specific Movement Prep

GENERAL MOVEMENT PREP

20-30s passive bar hang
5-7 inchworm cobra to downward dog
5-7 spiderman lunge rotation (each side)
5-7 cat/cow
20-30 calf pumps in downward dog

SPECIFIC WARM UP - USING A 20/15KG BARBELL

5 clean grip RDL
5 clean grip bent over row
5 clean grip high pulls
5 behind the neck snatch grip / regular strict press

OLYMPIC LIFTING WARM UP

*perform 1 round of the complex from each position.
1 clean from high hang
1 clean from hang
1 clean from low hang
1 Push Press
1 Push Jerk
1 Split Jerk
*Begin with pauses in the position, and progress by removing the pauses.

A Power Clean + Low Hang Power Clean + Push Press

Within 10 minutes: 5 sets

Rest as needed

- Clean & Press Strength
- Complete 4-5 sets
- Build to a mod-heavy load for the day
- RIR 2

B Dumbbell Bulgarian Split Squat (30X1 tempo)

- 3 sets of 6 reps

Rest 2 minutes between sets

- Single leg strength / skill
- Perform 6 each side, each set
- Look to progress each time you repeat this, this could be:
- 1) Complexity - progressing through the levels below
- 2) Volume - same level skill but increasing the number of reps
- 3) Skill - same level skill but performed with more accuracy and control, and less fatigue
- If you are new to heavy single leg loading, here are some options (easiest to hardest):
- 1) Bodyweight Split Squat (both feet on the floor)
- 2) Dual DB Split Squat (both feet on the floor)
- 3) Bodyweight Bulgarian split squat (rear foot elevated)
- 4) Dual DB Bulgarian Split Squat(rear foot elevated)

C Every 90 seconds for 9 minutes (6 rounds):

- 8 Hang Power Cleans
- 12 Hand Release Push-Ups

Rep Ranges:

- 8-12 Kipping Handstand Push Ups

- Strength endurance
- Perform for quality of execution and unbroken
- We are focusing more on a strength stimulus with hand release push ups as you performed push presses on Day 1!
- Aim to complete each round in <45secs and perform YGIG with a partner within the 90secs
- Choose a working weight that is challenging but allows you to remain unbroken
- Load recommendations:
- Men: 30-40kg
- Women: 20-35kg

D ACCESSORIES: Every 3 minutes for 9 minutes (3 rounds):

- 6-8 Chest Supported Dual Arm Supinated Db/kb Rows (3010 tempo)
- 10-15 Banded Pull Aparts

- Pulling superset
- No rest between movements

E Every 3 minutes for 9 minutes (3 rounds):

- 5 Kneeling Sissy Squats (3211 tempo)
- 10 Goblet Cossack Squats (3010 tempo)

- Lower body superset
- Quad and adductor focus
- No rest between movements

Workout Specific Movement Prep

GENERAL MOVEMENT PREP

20-30s passive bar hang
5-7 inchworm cobra to downward dog
5-7 spiderman lunge rotation (each side)
5-7 cat/cow
20-30 calf pumps in downward dog
2 rounds for quality
10 Scap Pull Ups
5-7 beat swings
10 Scap Push Ups
5-7 Push up to downward dog

A Skin the Cat

- 3 sets of 2-4 reps

Rest as needed

- Gymnastic skills in isolation
- Challenging your shoulder strength, stability and range of movement
- If you are new to rings or this style of movement, look to complete one of the following for 3 × 10-20sec:
- 1) Knee tuck on rings
- 2) Inverted hang (tucked)
- 3) Inverted hang (extended)

B For Time:

- 30 V-Ups
- 20 Alternating Dumbbell Devil Presses
- 10 Burpee Jumping Pull-Ups
- Assault Bike 50/40 calories
- 10 Burpee Jumping Pull-Ups
- 20 Alternating Dumbbell Devil Presses
- 30 V-Ups

Time Cap: 18 minutes

- Descending to ascending chipper!
- The gymnastics will build up quickly here. The aim is to recognise your limiter and have a breaking strategy in place
- Consider breaking earlier than you expect on the first half
- You want to be able to get onto the bike feeling good, the real work starts here
- You can clean and jerk OR snatch for the devils press

ACCESSORIES — 3 alternating sets of:

C1 EZ Curl Bar Bicep Curls (3010 tempo)

- 8-10 reps

Rest 1 minute

- Bicep accessory
- Build load across sets
- RIR 2

C2 Lying Dumbbell Tricep Extensions (3010 tempo)

- 8-10 reps

Rest 1 minute

- Tricep accessory
- Neutral grip
- Build load across sets
- RIR 2

SUPERSET — 2 alternating sets of:

D1 Single Leg Calf Raises (2111 tempo)

- 12-15 reps

Rest 30 seconds

- 1 hand supported on rig/rack, the other with a DB
- Contract your tibialis at the bottom of the rep
- RIR 2

D2 Seated Tibialis Raises (2111 tempo)

- 12-15 reps

Rest 30 seconds

- using a tib bar, or loop a KB on either foot. Alternative can use a band
- RIR 2

7 RECOVER AND RESET

Rest, check in, mobility

Daily check-in

Score yourself each day this week. It takes a minute and shows you how training is landing.

A Physical Readiness

- How is your body feeling today?
- Score your physical readiness from 1-5

1. Not ready at all!

5. Feeling GOOD. LEGGO!

B Mental Readiness

- How focused and motivated do you feel?
- Score your mental readiness from 1-5

1. Distracted / Foggy

5. Fired up and focused!

C Mood

- Rate your mood from 1-5

1. Down in the dumps

5. Happy as Larry

D Stress Management

- Rate how well you're currently coping with stress from 1-5

1. Ripping my hair out. SOS.

5. All under control!

E Daily Check In Total Score

- Total score out of 20

Add your scores from A to D to get a total for the day.

F Weekly Check In Score

- Add your daily check in total scores from part E from Day 1 to Day 7

Total Score out of 140

G Active Recovery

- Get outside and complete a 60-120min hike in nature

If you cannot leave your house/apartment, try your best to get some vitamin D (sunlight) through your retina!

H Weekly Check-In

1. WRITE DOWN 3 WINS FROM THE WEEK.

These don't have to be health and fitness related. Be as detailed as you want.

2. WRITE DOWN 3 THINGS THAT CHALLENGED YOU LAST WEEK.

Feel free to expand on what these barriers were, how you overcame them and the lessons you learnt.

3. LOOKING AHEAD.

What is one thing that you are going to focus on for this week. This can be related to health and fitness, or mindset, work, relationships etc.

I Rest Day Mobility Routine:

- 20-30 minutes of restorative work

Your goal today is to spend 20-30 minutes of restorative work. Focus on deep inhales and exhales here, and try to relax as much as possible. These sessions can be extremely important when it comes to performance and injury prevention.

The session begins with PART 1, which is foam rolling and static stretching, where we are targeting the most important muscles and movements for performance. You will most definitely feel a temporary increase in range of motion after this, so it's important that we then 'use' or 'activate' that new range if we are to get lasting improvements in mobility. This is why we perform Controlled Articular Rotations (CARS) immediately after.

PART 1. Foam Rolling and Static Stretching:

A. 10 mins foam rolling. Target areas:

- Feet (lacrosse ball)
- Calf and Soleus (foam roller)
- Quads (front, outside, inside)
- Hamstrings (foam roller)
- Glutes (lacrosse ball)
- Lats (foam roller or Lax ball)
- Pecs (lacrosse ball)

B. 10 mins Static stretch:

- Straight leg and bent knee calf stretch x 60-90s per side
- Couch stretch x 60-90s per side
- Pigeon stretch x 60-90s per side
- Frog stretch x 60-90s per side
- Tricep / Lat stretch x 60-90s
- Pec Wall stretch x 60s per side

PART 2. Controlled Articular Rotations:

A. Seated Ankle CARs x 3 each way.

B. Quadruped Hip CARs x 3 reps each way per leg.

C. Quadruped Cat / Cow x 3 each way.

D. Seated Thoracic CARs x 3 each way.

E. Standing shoulder CARs x 3 each way.



WEEK DONE

WANT TO RUN IT WITH A COACH?

Same room, same program, same standard. This is what training at Unified looks like every week.

TRAIN WITH US

DM BRIK on Instagram

LEARN THE WHY

unifiedfitguam.com/hyrox.html

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