



## HYROX

### 1-Week Sample Program



## **Session 1**

### **SKILL FOCUS – Sled Push**

#### **COUPLET 1 – 1km run + 1km SkiErg**

#### **INTENSITY - Moderate**

Part 1:

4 rounds for time:

- 400m run
- 400m SkiErg

Part 2:

8x 20m sled push (at race weight)

Rest 1:1

Part 3:

12x split squats (per leg)

Complete 3-4 sets with ~2 minutes rest between sets. Use a pair of DB's or KB's you can handle for the volume.

## **Session 2**

### **FOCUS – Aerobic Endurance**

#### **INTENSITY – Easy**

6 sets:

800m run

1000m row (set 1, 3, and 5)

1000 ski (set 2, 4, and 6)

rest 3:00 between sets.



### **Session 3**

#### **SKILL FOCUS – Sandbag Lunge**

#### **TRIPLET 3 (Skill Bias) – Sled Pull/Run/Burpee Broad Jump**

#### **INTENSITY - Hard**

Part 1:

Four sets, each for time:

25m sled pull (race weight)

200m run

25m Burpee Broad Jumps

Rest 1:1

Part 2:

Sandbag lunges (race weight)

4x 20 steps

Rest 2:00

### **Session 4**

#### **FOCUS – Aerobic Endurance**

#### **INTENSITY – Easy**

Five rounds of:

4:00 run/rest 1:00

2:00 row/rest 1:00

2:00 ski/rest 2:00

### **Session 5**

#### **BLOCK 1 Test**

#### **INTENSITY – Very Hard**

For time:

1000m run

1000m ski

1000m run

50m sled push (race weight)



## ABOUT THE COACH:

**JUSTIN FARINA**, OCT, B.Ed., B.Sc., CF-L1

*Multiple former SkiErg World Record Holder*

*2018 & 2019 Concept2 Tour De SkiErg Champion*

*2018, 2019, & 2020 Row'd Royalty Team Champion*

*2018 Row'd Royalty Men's Tall Champion*

*2018 SkiErg World Sprints Champion, Men's 30-39 Division*

*2017, 2018 & 2020 World Rowing Virtual Indoor Sprints - 3rd Place*

*2017 & 2019 Row'd Royalty - 3rd Place Overall*

*2017 World Indoor Rowing Sprints - 3rd Place, Men's 30-39 Division*

*2017 SkiErg World Sprints - 3rd Place, Men's 30-39 Division*

Discovering CrossFit in November of 2005 was a life-changing event for the former Division-I athlete. For years, the standard bodybuilding/cardio model of “fitness” was all he knew. Reading Coach Glassman’s breakthrough article, [“What is Fitness”](#), changed everything. Since then, **Variance**, **Functionality**, and **Intensity** have been the cornerstones of his life.

Training privately since 2006, Justin has accumulated countless hours of experience working with hundreds of athletes in parks, in gyms, on tracks, and in his garage.

Learn more about our ONLINE MEMBERSHIP by visiting

[www.garageathletefitness.com/membership](http://www.garageathletefitness.com/membership)

