



HAC HYROX RUNNING

PACING, RACING AND COMPROMISED RUNNING

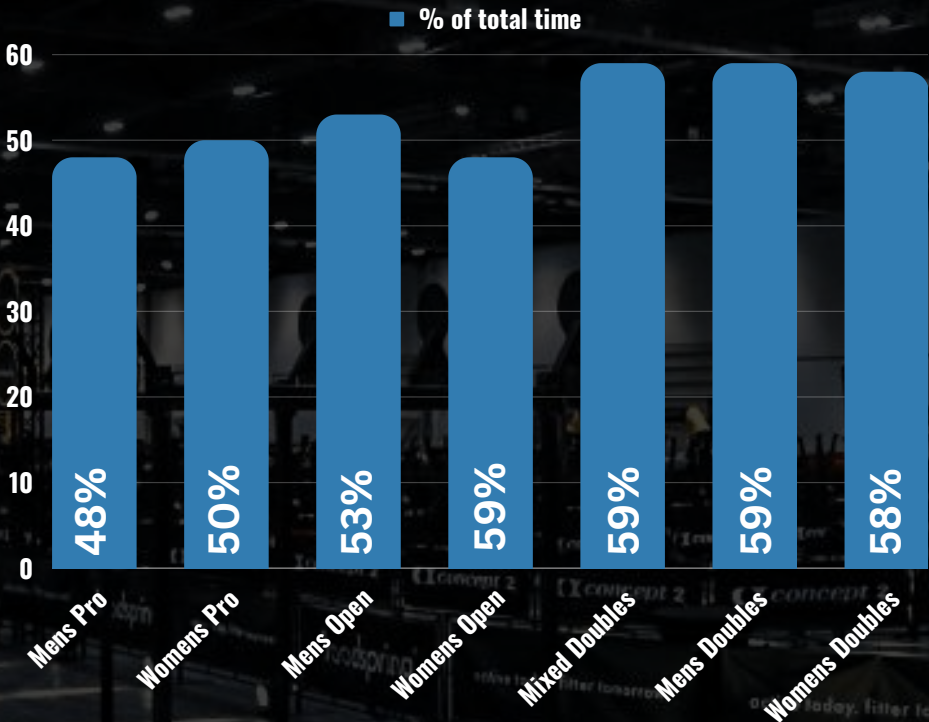


PACING

HOW MUCH OF HYROX IS RUNNING?

HYROX INCLUDES EIGHT 1KM RUNS AND EIGHT WORKOUT STATIONS, BUT YOU'LL SPEND FAR MORE TIME RUNNING THAN ANYTHING ELSE.

HERE'S WHAT PERCENTAGE OF THE AVERAGE TOTAL RACE TIME THE RUNS TOOK IN LONDON 2022 FOR EACH CATEGORY...



PRO AVERAGE: 48%

OPEN AVERAGE: 56%

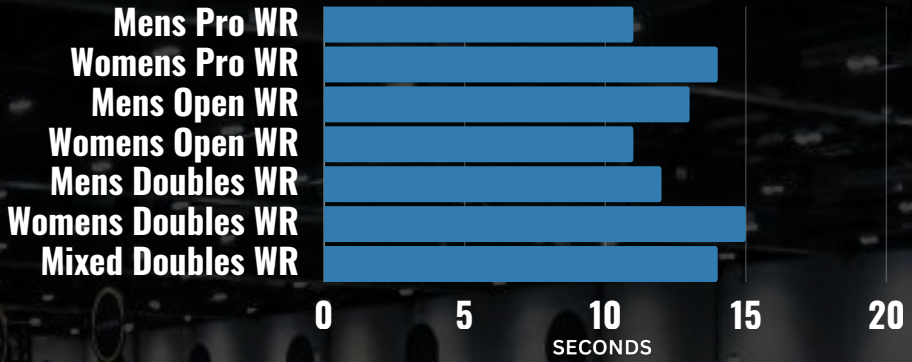
DOUBLES AVERAGE: 59%



PACING

HOW DO THE BEST PACE THE RACE?

IN SHORT, CONSISTENTLY. BELOW IS THE NUMBER OF SECONDS BETWEEN THE FASTEST AND SLOWEST RUN SPLIT FOR THE CURRENT HYROX WORLD RECORDS



THE BEST LEARN FROM THE BEST

CONSISTENT PACING IS THE GO TO STRATEGY FOR ELITE RUNNERS! THERE WAS JUST TWO SECONDS BETWEEN CHEPTEGEI'S FASTEST AND SLOWEST KMS IN HIS 10KM TRACK WR RUN.



WHEN ELUID KIPCHOGE SET THE MARATHON WR THERE WAS ONLY 14 SECONDS BETWEEN HIS FASTEST AND SLOWEST KILOMETRES!



RACING

AVOID THESE THREE MISTAKES ON RACE DAY!

① DON'T GO FROM ZERO TO WANNA BE HERO

THE FIRST RUN WILL BE FAST! NO MATTER WHAT ANYONE SAYS, HOWEVER HARD YOU TRY, YOU'LL GO OUT HOT FOR THE FIRST 200M.

BE PREPARED FOR IT: REV THE ENGINE IN YOUR WARM-UP BY BRINGING THE HEART RATE UP WITH RACE-LIKE INTENSITY FOR 20-30 SECONDS, 2-3 TIMES WITH A 90 SECOND REST BETWEEN REVS.

THIS WILL PREVENT THE BODY FROM BEING SHOCKED BY THE INTENSITY WHEN IT'S GO TIME.

② DON'T RUN BLIND

HOW TO CHECK YOUR PACE

USE THE [HYROX RACE CALCULATOR](#) TO IDENTIFY YOUR TARGET RACE PACE. CHECK HOW MANY LAPS YOUR RUN WILL BE ON RACE DAY.

DIVIDE THE RACE PACE BY THAT NUMBER OF LAPS = **TIME PER LAP**.

SET YOUR WATCH TO STOPWATCH AND CHECK IT EACH RUN LAP.

③ DON'T GET CAUGHT SLEEPING IN THE CHAOS

HYROX RUN LAPS ARE CARNAGE! SO MANY PEOPLE RUNNING AT SO MANY DIFFERENT PACES. IT'S VERY EASY TO SETTLE IN BEHIND SOMEONE AND GET CAUGHT IN A TRANCE. TRY TO **KEEP A CLEAR ROAD AHEAD** OF YOU TO AVOID BEING SWEEP ALONG WITH THE CROWD.



RACING

THE ROXZONE

THE 'ROXZONE' IS THE HIDDEN STATION IN HYROX! IT'S THE SPACE BETWEEN THE RUNNING TRACK AND THE WORKOUT STATIONS. IF YOU AREN'T CAREFUL YOU CAN LOSE A LOT OF TIME IN THAT SPACE! IT'S WHERE THE ELITE SAVE MINUTES...

AV. ROXZONE
TIME LDN,22

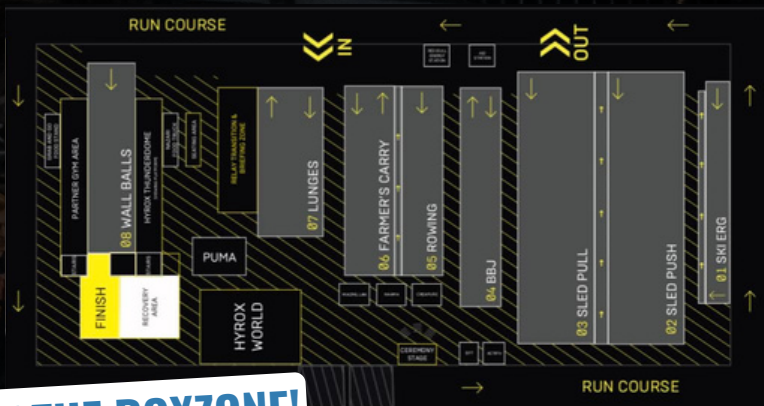
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AV. ROXZONE

TIME WITH TOP

10 FINISH LDN,22

3:33



BEAT THE ROXZONE!

DON'T BE FOOLED BY THE 'IN' AND 'OUT' BANNERS, IN FACT, JUST IGNORE THEM! RUN UNTIL YOU GET THE PIECE OF EQUIPMENT BEING USED IN THE WORKOUT STATION AND PRETEND THAT YOUR RUN STARTS WHEN YOU LET GO OF THAT PIECE OF KIT.

DRINK ON THE MOVE!



TOP TIP, CARRY A SMALL SOFT WATER BOTTLE AND YOU'LL INSTANTLY SAVE MINUTES. YOU'LL AVOID THE LURE OF THE ROXZONE WATER TABLE... DRINK WHILST YOU MOVE!



COMPROMISED RUNNING

HOW TO TRAIN FOR HYROX

WE'VE LEARNED THAT CONSISTENTLY PACED RUNS ARE THE KEY TO SUCCESS, BUT TO DO THIS YOU NEED TO BE CAPABLE OF RUNNING CONSISTENTLY WHEN YOU'RE TIRED. HERE ARE TWO TOP TIPS FOR BUILDING THAT ABILITY AND

RUN THE DISTANCE



YOUR LONGEST RUN IN TRAINING SHOULD BE AT LEAST TWO-THIRDS OF YOUR TARGET RACE TIME. AIM FOR THIS RUN TO BE TWO WEEKENDS BEFORE RACE WEEK

E.G. 1:30 TARGET = 60 MINUTE LONG RUN

RUN TIRED AKA "COMPROMISED RUNNING"

MIMICKING A TRIATHLETE'S BRICK SESSION. IT'S THE PRACTICE OF RUNNING ON JELLY-LIKE LEGS. THE FEELING A TRIATHLETE GETS AFTER THE BIKE AND A HYROXER GETS AFTER EACH WORKOUT STATION.

INCLUDE THESE SESSIONS ONCE OR TWICE A WEEK, HERE'S A FEW TO TRY:

NOVICE COMPROMISED RUNNING WORKOUT

FOR TIME:

500M RUN

50 AIR SQUATS

500M RUN

25 PUSH UPS

500M RUN

50 BODYWEIGHT LUNGES

500M

25 BURPEES

ELITE COMPROMISED RUNNING WORKOUT

TWO ROUNDS FOR TIME:

800M RUN

80M SLED PUSH

800M RUN

50 SANDBAG LUNGE

800M RUN

25 BURPEE

BROAD JUMPS

COMPROMISED RUNNING

EXAMPLE HAC HYROX WEEK

JUGGLING THE RUNNING, STRENGTH AND MOVEMENT SKILL DEVELOPMENT REQUIRED TO PERFORM AT HYROX CAN BE TOUGH. THE [HAC HYROX PROGRAM](#) CAN TAKE CARE OF THAT FOR YOU!

HERE'S AN EXAMPLE WEEK, WE'VE ZOOMED IN ON THE RUNNING SESSIONS, BUT YOU CAN VIEW THE WHOLE WEEK IN A SEVEN DAY FREE TRIAL.

MONDAY

STRENGTH: SINGLE LEG - LUNGE

CONDITIONING: ZONE 2 RUN

TUESDAY

STRENGTH: SLED STRENGTH

CONDITIONING: METCON

WEDNESDAY

STRENGTH: UPPER BODY PUSH

CONDITIONING: ERG INTERVALS

THURSDAY

REST & RECOVER

FRIDAY

CONDITIONING: RUN INTERVALS

SATURDAY

STRENGTH: SQUAT

CONDITIONING: HYROX SIM

SUNDAY

REST & RECOVER

ZONE 2 RUN

WARM UP: DRILLS

CANTER, STRIDES, HIGH STRIDES

40 MINUTES AT 1:00 SLOWER THAN
TARGET RACE PACE

COOL DOWN: HYROX MOBILITY
FOLLOW ALONG ROUTINE

RUN INTERVALS

WARM UP: 10 MINUTES EASY JOG

8 X 500M (1:1 REST TO WORK)

2 @ TARGET PACE

2 @ 10SEC UNDER TARGET PACE

2 @ 15 SEC UNDER TARGET PACE

2 @ MAX EFFORT

COOL DOWN: 5 MINUTES EASY JOG





HYBRID ATHLETE CLUB

JOIN THE CLUB

