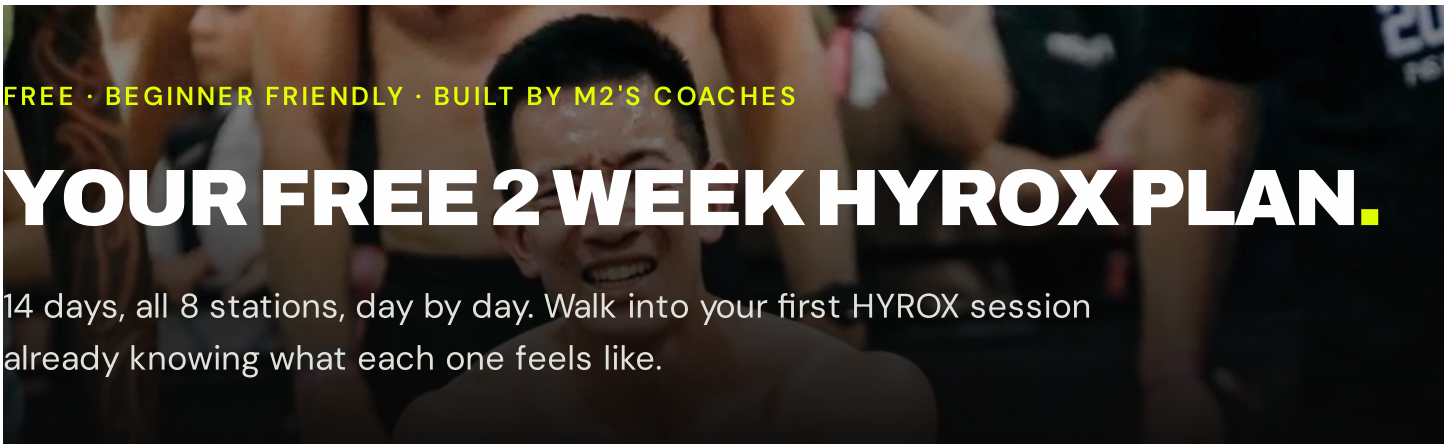


FREE · BEGINNER FRIENDLY · BUILT BY M2'S COACHES

YOUR FREE 2 WEEK HYROX PLAN.

14 days, all 8 stations, day by day. Walk into your first HYROX session already knowing what each one feels like.

THE KICKSTART

14 days, two phases

This isn't a shortcut to race fitness. It's a way to walk into your first proper HYROX session already knowing what the 8 stations feel like, without being wrecked by them.

DAYS 1 TO 7

LEARN

Technique and confidence on all 8 stations at low load.

DAYS 8 TO 14

APPLY

Your first taste of race pacing with mini simulations.

SATURDAYS

CIRCUIT

Put it together in a circuit, solo or in a HYROX class at M2.

> **Why this order:** most beginners get hurt or put off HYROX by going too hard on stations they've never practised, sled push and sandbag lunges especially. Week 1 is about technique at low load. Week 2 turns that into race pacing, and each Saturday puts it all together in one circuit.

FREQUENCY

5 sessions a week

Short, manageable sessions and 2 rest days. You need a general fitness base, not a HYROX background.

THE 8 STATIONS

Every station, every week

Ski erg, sleds, burpee broad jumps, rowing, farmers carry, sandbag lunges

and wall balls.

SATURDAYS

Put it together

Saturdays are a mini HYROX circuit. Do it solo, or come and do it with a coach in a HYROX class at M2.

WHAT'S NEXT

Talk to Dave or Bekka

After two weeks they'll know where to take your training next, whether that's online coaching or an M2 membership.

DAY BY DAY

The full program

Tick off sessions as you go and add notes on time, load or how it felt. Everything saves on this device.

Week 1: Learn the Stations

DAY 1 — Monday

AM **Easy Run: 20 min** AEROBIC

Conversational pace. This is just to open the legs, not a fitness test.

PM

Station Walkthrough: All 8 Stations

STRENGTH

Technique only, light load, no clock: SkiErg 200m, Sled Push 10m, Sled Pull 10m, 10 Burpee Broad Jumps, Row 200m, Farmers Carry 2x20m, Sandbag Lunge 10m (empty or very light bag), 15 Wall Balls. The goal is just to feel each movement once.

DAY 2 — Tuesday

AM **Rest or Easy Walk** REST

Legs loose, nothing structured.

PM **Strength Fundamentals**

STRENGTH

3 rounds: 10 bodyweight or goblet squats, 10 walking lunges (bodyweight), 10 push-ups (any variation), 10 kettlebell or dumbbell rows, 30 sec plank. Moderate effort, focus on form.

DAY 3

Wednesday

AM **Easy Run: 20 min** AEROBIC

Easy, comfortable pace.

PM **Engine Intervals** AEROBIC

On Row, Ski Erg or Bike (whichever is free): 30 sec on at moderate effort, 30 sec easy, repeat 10 times. Builds confidence with the machines you'll use on race day.

DAY 4

Thursday

AM **Rest** REST

Full rest day.

PM **Mobility: 15 min** REST

Hips, ankles and shoulders. Nothing intense, just movement.

DAY 5

Friday

AM **Easy Run: 20 min** AEROBIC

Easy pace, relaxed effort.

PM

Weak-Point Primer: Burpees & Lunges

WEAK POINT

3 rounds: 10 Burpee Broad Jumps, 20m Sandbag or Backpack Lunge. These two trip up almost every beginner, so they get extra attention early. Technique over speed.

DAY 6

Saturday

ALL **Mini HYROX Circuit: 3 Rounds**

RACE

3 rounds of: 400m run, 250m row, 15 wall balls, 20m farmers carry. Steady, controlled effort, not a race. Want a coach on it? Do it in a HYROX class at M2 instead.

DAY 7

Sunday

AM

Station Technique: Sleds, Wall Balls & Carries

STRENGTH

Light load, no clock: 4x10m Sled Push, 4x10m Sled Pull, 3x10 Wall Balls, 3x30m Farmers Carry. Use the tips in the stations section and focus on how each one feels.

PM **Rest** REST

Full rest. You've earned it after the weekend session.

Week 2: Apply It & Race Pace

DAY 8

Monday

AM **Easy Run: 20 min** AEROBIC

Easy pace, stay relaxed.

PM **Mini Simulation Prep: 4 Rounds**

RACE

4 rounds of: 200m run + 1 station (rotate through Ski, Sled Push, Row, Wall Balls across the 4 rounds). Moderate effort, this is a step up from Week 1's technique-only pace.

DAY 9

Tuesday

AM **Rest or Easy Walk** REST

Keep it light.

PM **Strength & Grip** WEAK POINT

4x30m Farmers Carry (heavier than last week if you can), 4x20m Sandbag or Backpack Lunge, core finisher (3x30 sec plank or dead bug).

DAY 10

Wednesday

AM **Threshold Touch: 20 min**

AEROBIC

10 min easy, then 5x1 min at a faster but controlled pace with 1 min easy between, 5 min cool-down.

PM **Rest / Mobility: 15 min** REST

Light stretch, hips and shoulders.

DAY 11

Thursday

AM **Warm-Up: 15 min** STRENGTH

Dynamic warm-up, easy jog, activation drills.

MID

Mini HYROX Simulation: 4x(400m + Station)

RACE

Run 400m into a station, four times through, cycling Sled Push, Burpee Broad Jumps, Row and Sandbag Lunge. Race-day effort, this is your benchmark session for the block.

DAY 12

Friday

AM **Rest** REST

Full rest ahead of the weekend.

PM **Rest** REST

Full rest, every week, no exceptions.

DAY 13

Saturday

ALL **Mini HYROX Circuit: 4 Rounds**

RACE

Same circuit as last Saturday, one more round: 400m run, 250m row, 15 wall balls, 20m farmers carry. Notice how much smoother it feels second time around.

DAY 14

Sunday

AM

Station Technique: Your Hardest Two

STRENGTH

20 min of easy, light practice on the two stations you found hardest this fortnight. Technique only, no clock.

PM **Shakeout + Reflect: 15 min**

REST

Easy walk or jog. Note which station felt hardest, that's exactly what Dave or Bekka will want to know if you take your training further with them.

KNOW BEFORE YOU GO

The 8 HYROX stations

A quick primer so nothing on race day, or in your first M2 HYROX class, comes as a surprise.

01

SkiErg

1000m. Drive with your legs and hips, not just your arms. Most beginners burn out their arms in the first 200m.

02

Sled push

50m. Low body position, short powerful steps, eyes up. It's not intuitive the first time, so practise it loaded.

03

Sled pull

50m. Hand over hand on the rope. Lean back and use your bodyweight, not just your arms and back.

04

Burpee broad jumps

80m. Chest to floor, then a two-foot jump forward. Rhythm beats speed, so find a pace you can hold.

05

Rowing

1000m. Legs, then lean, then arms on the drive, and reverse on the way back. A common weak point.

06

Farmers carry

200m. Walk tall and brace your core. Grip usually goes before your legs, so grip work pays off.

07

Sandbag lunges

100m. Bag on your back, controlled walking lunges. This one humbles almost everyone, hence the extra practice.

08

Wall balls

100 reps. Full squat depth and hit the target every rep. Pick a rep scheme you can hold, like sets of 10.