

A woman in a scuba mask and a man in a vest are working with a scuba tank. The woman is on the left, wearing a black scuba mask and a black bikini top. She is holding a black metal frame. The man is on the right, wearing a dark green vest and a watch. He is holding a white flexible hose. The background is a tropical setting with palm trees.

THE HYROX PROJECT

**An 8 week Functional Fitness Plan
Designed for competition**

WRITTEN BY COACH RICHARD DIAZ

THE HYROX PROJECT

An 8 week Functional Fitness Plan Designed for Competition

During my quest for understanding the onset of fatigue with endurance athletes, you would think this would be the last place to look for endurance answers.

Fatigue is an omnipresent enemy of sports and athletic performance. It doesn't care if your goal is high intensity-fast paced competition or long arduous multi-day challenges. If you do not understand how best to contend with its onset, you are screwed!

As you will soon learn, tracking heart rate while training can be a tremendous asset. I think the reason more athletes don't give this metric much energy is because it can be so confusing. Knowing just how to wield this information during your training experience can provide powerful results. Most savvy endurance athletes wouldn't think to train or race without the support of this powerful ally. Unfortunately, up until now, athletes engaged in high intensity fast paced sports, assumed that tracking heart rate would be of no use in the workouts and competitions they compete, which do not rely on endurance.

High intensity training and competition are not an aerobic activities, however this does not mean that you can not benefit from monitoring and manipulating your anaerobic energy system to great result as you are about to learn first hand.

The Hyrox Project is an intelligent approach to the way you train and has proven to be incredibly successful for those who trusted and followed the process. It is a complete departure from the norm and an exciting revelation in how to win the battle with fatigue!

~ Richard Diaz



**DEFINING METABOLIC TURN POINT TO
ESTABLISH PROPER INTENSITY**

WINNING THE BATTLE WITH FATIGUE

It's no secret that in virtually every athletic endeavor, resistance to fatigue is the elephant in the room. Fatigue saps your energy, retards your power and has the potential to linger and cause your workouts to suffer for days. Gone unchecked, fatigue can cause your fitness to spiral out of control. Given the insidious nature of this enemy, clearly, it's important to know how to avoid fatigue's ability to get the best of you.

So what is fatigue really? If you research definitions of fatigue you'll likely get a variety of interpretations, and like all we read, we tend to gravitate to the responses that seem to best correspond with our interest. I'm no different. The definition that resonated with me went something like this:

“Fatigue is a condition characterized by a lessened capacity for work and reduced efficiency of accomplishment, usually accompanied by a feeling of weariness and tiredness. Fatigue can be acute and come on suddenly or chronic and persist”.

So what does this mean to you? Clearly, if your approach to training continues to lessen your capacity for work, you're likely on the wrong path. Reduced efficiency is guaranteed to result in a greater cost of work and ultimately more fatigue. If after a few consecutive days of training, your production of work is on the decline, meaning your lifts are suffering and or you need more time between efforts to recover, this can be frustrating. Finally, if the pattern goes unchecked the consequence can lead to over-training syndrome.

The definition of fatigue I offered presents an outcome but does not define the cause. If you are truly going to learn to overcome the consequence of fatigue, you best know what to do about it. There is a pretty robust list of culprits behind the onset of fatigue however, the list becomes shorter as we narrow down the instigators. In the case of an endurance athlete, fatigue comes about over a

much greater length of exposure to work than is the case as a Hyrox athlete. The leading culprit behind fatigue as an endurance athlete is glycogen depletion, dehydration and over heating. You simply are running out of gas, losing body fluids and overheating. There are other mechanisms at work but I would call this the “A” list.

As a Hyrox athlete, it’s highly unlikely that you’re going to run out of fuel during a 60-90 minute workout no matter how intense it is. You may cramp but this outcome may point contractile chemical imbalances. When the intensity is high, the leading culprit is lactic acidosis (too much lactate building up in the working muscles and the inability to clear it). Excessive lactate production can reasonably be blamed for fatigue even in endurance events, if the athlete is ill prepared for the effort applied.

From my research over the years, I have had the privilege of working with a variety of athletes and my role commonly has been to assess performance capabilities through clinical evaluation. In essence, my job has been to take an athlete to exhaustion and interpret the consequence that led them to fatigue. I’ve done this for nearly 25 years as of this writing. I have assessed fitness capacity on recreational and world class athletes alike over a variety of disciplines. The breadth of this experience has taken me from endurance athletes such as runners, triathletes, ultra marathon, cyclists, soccer, to power athletes such as professional hockey teams, world class boxers, MMA fighters, football basketball, even water polo and outrigger canoeists, wheel chair athletes and race car drivers! The common thread among them is; they hope to figure out how to resist fatigue for as long as possible. What’s different in my approach to this problem, does not stem from my experience as an athlete. The difference I bring to the table comes from the extensive analysis and experimentation I’ve conducted based on the science we know today.

Understanding the mechanisms at play, that promotes or degrades success in a given sport begins with an athletes genetic profile and a history of application. It’s typical in all athletic arenas that the athlete with the most success leads the herd. The belief system is: “Do as I do and be as I am”. I refer to this as “The study of one”. Mind you, there are countless success stories that come from this approach to training. The truth of the matter is; you may not be built or blessed

with the same physical or psychological attributes as the guy or girl who you look up to. What works for one athlete may not work for another. The way your body responds to load, the time it takes for your body to adapt, the recovery time-lines you must follow, are attributes that are unique to you. When someone tells you, “That’s not the right approach,” it may not be for them and it may be perfect for you.

Too truly understand the cause and effect of your success or failure requires that you step outside of yourself and gather information. Do you track the cost of your efforts? When I speak of cost, I’m speaking of energy demand and the best way to figure this out is by tracking heart rate. Every beat of your heart represents expense. If you know what it costs to perform a task and how long it takes to recover from it, you can begin to see a trend that evolves from your training. Right or wrong, your heart doesn’t lie. Being able to collect this information and recall it historically allows you to better measure your path to success. Aside from heart rate to measure progress, what is typical is “time or more recently, power.” Watching the clock, lets you know how long you’ve been working, how much force generated or how long it took to recover. You may schedule your recovery bouts governed by a specific time line or, even perform a specific exercise for a controlled time line. Heart rate is still the best and most reliable indicator of cost while time or power represents “yield”, it’s just not the same.

My goal here is to share a unique method of gaining control of your workloads in a very untraditional way. I’ll argue why I do not feel going aerobic to recover is the correct path to follow when the game is high intensity. If you want to succeed, there is a better model, which brings me directly to the point of this e book:

“Overcoming the most debilitating cause of fatigue in a high intensity environment, such as Hyrox training and competition”

To begin with, it’s critical to have a reasonable understanding of muscle function and structure to guide you to a better understanding of my theories. You don’t need to be an exercise physiologist to grasp these concepts. I am not planning to take you into a full blown anatomy lesson. What I will do, is shed light on a few irrefutable details of muscle make up. First, as I pointed out

earlier, our muscle composition is genetically preordained. The old adage is, if you want to get to the Olympics, “Pick the right parents”. There is little you can do that can turn a born sprinter into a marathon runner. Thus far, we have not figured out a way to change muscle fiber type. We are all designed with a certain amount of slow twitch and fast twitch muscle fibers and in the grand design, we have both in order to provide for basic survival, “Fight or flight”. The regions from which our family heritage hails, has much to do with our fiber typing, which is a story for another day. Suffice to say, we have what we have, in regard to muscle composition makeup and it’s not likely to change. The good news is, there are alterations we can make that can lend favor to the chronic tasks we choose to apply ourselves. The alterations I am referring to are: “Training Stimulus.”

Simply stated, if you go to a gym and lift heavy objects your body will adopt the capacity to lift heavy objects. If you decide you want to run a marathon and begin running more and more, you’re likely to succeed. You may find a sticking point in the amount of weight you can lift or the pace you can sustain over 26.2 miles, but you will see a reasonable amount of success commensurate with your dedicated efforts. The reason you’re able to have reasonable success without changing your fiber type, points to the adaptive capacity of our muscle make up.

Here’s what it looks like:

Our muscle fiber type can be broken down into two principle categories:

- *Type I fibers (slow twitch) which are oxidative fibers, are where we derive our endurance.*
- *Type II fibers (fast twitch) are glycolytic fibers, they are where we find our power and strength.*

The term twitch refers to the rate of contractile force. Type I fibers being oxidative suggests that the fuel of choice is fat. Type II fibers on the other hand being glycolytic, suggests that the preferred fuel source is sugar.

To complicate things a bit, Type II fibers actually have a sub category fiber, to be more precise they are Type IIa and Type IIb fibers. The difference between the two sub categories is a matter of force production and energy paths. Type

Ia fibers are more appropriately termed “slow oxidative/glycolytic”. They are sort of a transitional fiber type. Let me provide an example: If you were to begin running around a track at a conversational pace, the energy source would be predominately fat. At this running pace the energy system and fiber type is aerobic or “oxidative” (the term implies in the presence of oxygen and this is when fat is used as energy). If you began to pick up the pace and were less capable of conversation due to accelerated respiration, you are moving into the type IIA fibers to assist in your effort. Finally, you decide to break into a sprint to the finish 50 yards ahead you. At this point you’ll have shifted to the glycolytic energy path which is exclusively sugar (carbohydrate). As a result, you will now have recruited the Type IIB fibers because they are responsible for maximal force production. Like changing gears in your car and pressing the gas pedal to the floor, tapping into the Type IIB fibers burns a lot of energy very quickly.

You can apply this thinking to a variety of scenarios but I think you get the idea. Slow twitch vs. fast twitch, less force more enduring vs. more power less duration. The more intense the effort the less time you can support it.

When our efforts are chronically aerobic (soliciting to slow twitch fibers) there are alterations to our system that do not occur when we are anaerobic (soliciting to fast twitch fibers). Because the focus of this book is to help you become a better Hyrox athlete, I won’t bore you with all the wonderful things that happen if your goal is to build endurance. What I will say is that too much aerobic training can be counterproductive if your goal is to build high intensity tolerance to fatigue!

An important note: when your effort is intense, the energy path is glycolytic (you are relying almost exclusively on carbohydrate).

Here’s where it gets interesting... When the primary energy source is carbohydrate, the byproduct of carbohydrate metabolism is a concomitant increase in lactate production. The greater the intensity and the longer the muscles are contracting, the more carbs you burn and the more lactate you produce. Now here lies the rub; if you cannot clear lactate quickly enough from the working muscles, these muscles fall prey to lactic acidosis. Which is fancy way to say your muscles are on fire and you can no longer produce forceful contractions until the lactate has been cleared from the muscles.

This my friends is THE principle cause of muscle failure, ergo- FATIGUE.

Once you better understand why and where this all leads, the more likely you are to trust the process. I'm going to bet the reason you're reading this is because you want me to cut to the chase and tell you how to maintain intensity and recover faster. I'm certainly going to get there but I believe that this overview is important. Be patient, read it a couple times if you need to but don't fast forward. The better you understand this, the more success you'll have from the training experience.

To be scientifically literate, is to empower yourself and to know when someone else is full of bullshit ~ Neil deGrasse Tyson

Lactate, for the longest time has been misunderstood. Even to this day, few exercise scientists can unequivocally agree on what specifically is the reason that our muscles fatigue under the influence of excessive lactate presence. There has been lots of theories and every time someone thinks they are on to it, someone else proves them wrong. What we do know is that when the muscles become fatigued, lactate and hydrogen are present, so is heat and a host of other metabolic byproducts also present. I won't bore you with a list of the specific constituents. It seems whenever researchers segregate these suspects to see if the item in question is the reason for muscle failure, they end up disappointed. I for one gave up trying to figure it out. I have made peace with the awareness that when the intensity grows, ya just gotta figure out what to do with that excessive production of lactate. In a perfect training program, your goal would be to be able to keep working, unaffected by the lactate production. This would be the result of improving your ability to manage its production and distribution.

So how do we do it?

There are a variety of ways to move lactate from our system, some are more relevant to our training needs than others. We don't want to rely on conversion, we don't need more energy, we want freedom of toxicity!

If you were going to compete in an IronMan triathlon, a desirable path would be: Conversion to Glucose and/or Glycogen. Because lactic acid is a product of

carbohydrate metabolism (glucose and glycogen) during anaerobic work, it can be converted to (glucose) in the liver and delivered as (glycogen) to working muscle. However, glycogen conversion is an extremely slow process (which can take 5 minutes or more) compared with lactic acid removal. Clearly, given the time it takes, conversion is the least desired outcome for a high intensity short duration event. What's needed here, is not more energy conversion. What's needed is to be free of the insidious burning sensation and resultant muscle failure. We need the lactate to be removed!

Aside from all the negative outcomes when incapable of moving lactate from the working muscles, Lactic acid is actually the fuel of choice for the heart, brain, liver and kidneys. Lactate also has the potential to provide as much as 30% energy to skeletal muscle. Given the opportunity to become aerobic (oxidative metabolism) lactic acid can be processed through the Krebs cycle which is an aerobic metabolic path. The caveat to this most agreeable outcome is, the exercise intensity needs to slow to a crawl to allow the aerobic system to kick in and move that lactate away from the working muscles. This is the path I would choose if I were training an endurance athlete. The interval sets would provide for longer aerobic recovery supported by lots of steady state aerobic training bouts. This makes perfect sense if the goal were to run a marathon because, we would want to promote the energy conversion. The goal being to promote the development of the aerobic pathways, because slow twitch fibers are the staple of an endurance athlete.

Having said that: Anaerobic training and competition such as CrossFit or Hyrox, must rely on a very different approach. Unfortunately, there are very few if any valid studies that have been conducted relative to fatigue and CrossFit or Hyrox training principals. What we do know is that training in interval fashion above and below threshold can teach the body to disperse blood lactate accumulation. The lower the blood lactate, the higher the power output and performance potential.

Bottom line

Training aerobically can export lactate to the blood for clearance and energy purposes in pretty much every organ in the body. However, as I stated earlier, this process takes time (minutes) to effectively clear the muscles. This is time

we don't have or don't want to waste. Under the correct training influence, well trained athletes are able to very efficiently export less lactate to the blood as they clear it in higher amounts right in the lactate producing muscle which takes seconds or milliseconds! This is not going to happen by returning to an aerobic state to recover (which can take 5 minutes or more). The distinction between these training responses depends on a couple of lactate-specific transporters. Fast twitch fibers have a very high content of a specific metabolic transporter termed MCT-4 (Monocarboxylate-4) which transports lactate away from muscle fibers. This is the path we want to take when the challenge is high and the duration is short (30 minutes or less). We can ill afford slowing down for 5 minutes or more to wait for the lactate to be cleared or converted. Nor is it advantageous to hone our aerobic pathway, spending time stimulating our slow twitch fibers. Working to stimulate our Type I (slow twitch fibers) is a potentially hazardous waste of our ability to generate power. High intensity training is required to enhance power and stimulate Type IIb fibers (fast twitch).

Slow twitch fibers possess a transporter called (Monocarboxylate-1) MCT-1 which takes lactate inside these fibers. That lactate is then converted in the mitochondria to then finally synthesize ATP (energy). Training aerobically improves lactate clearance by increasing the number of mitochondria to clear lactate, mainly in slow twitch muscle fibers by increasing the number of MCT-1 transporters. Let me say it again, if I were training an IronMan athlete, the interval profiles would look very different from the program I am about to share.

All said and done, regardless of the type of event you prepare for, as intensity brings you into an anaerobic state, the rate of carbohydrate is greatly increased and as a result so does lactate production. If the intensity is fast and furious, the rate of lactate production rushes into the muscles at a relative rate. The inability to clear it (one way or another) results in fatigue. Its as simple as that!

Coming from a background in endurance training and as a coach, I can promise you that if you hope to train your body to get on top of this fatigue, a heart rate monitor is a critical investment. Otherwise, all you have is perceived effort and time. When there is a rapid increase in intensity, you may not even realize you've pushed to far until it's too late. Trust me when I tell you, If you're wrong about your perception you can end up on the training floor wiped out and or waste a butt load of training time chasing down the wrong rabbit hole!



HOW TO ESTABLISH PROPER HEART RATE LIMITERS

I think the best place to start is by gaining a better understanding of the terms that are tossed around, that often times are a bit fuzzy for the layperson. What you need to do is, establish the recovery intensity range and the high intensity range(s). Your intervals will flow between these limiters, which we will determine after these brief definitions:

- *(AeT) Aerobic threshold is a point in your effort where things start to happen. A relatively low level of intensity marked by light breathing that occurs somewhere near 50% of VO₂max. Some suggest this is where blood lactate reaches a concentration of 2 mmol/litre (at rest it is around 1 mmol/liter).*

- *(AnT) Anaerobic threshold marks a sudden and steep departure from your ability to use fat to using primarily glycogen (carbs) as your energy source. Usually determined via direct gas analysis while running on a treadmill. The difference between AeT and AT is the amount of oxygen your body is using to produce energy. At a low intensity you are burning mostly fat, but as intensity gradually increases more glycogen (storage form of carbs) are used. When the effort level where glycogen becomes the dominant fuel you are crossing the threshold between aerobic and anaerobic intensity.*
- *(LT) Lactate threshold is nearly identical to AnT, the chief difference is in how the result is determined. An LT test is based on blood sampling of the resident lactate within the bloodstream sampled at 2 minute intervals during a progressive treadmill test. When the athletes blood sample reveals 4mmol/L (millimoles of lactate), the assumption is that the athlete has achieved lactate threshold. Incidentally both AT and LT have a very close if not identical correlation in effort. At the end of the day, the term only implies the method in which the information was obtained either via direct gas analysis, which is a ventilatory consequence of your effort or by blood sampling.*
- *(MLSS) Maximum steady-state lactate concentration is defined as the highest blood lactate concentration (MLSSc) and work load (MLSSw) that can be maintained over time without a continual increase in blood lactate accumulation. This level of effort is of supreme importance to CrossFit and Hyrox competitions. Those who have the highest MLSS potential are likely to perform better in their competition.*
- *Aerobic capacity refers to the “maximum volume of oxygen” an athlete can use per minute relative to body weight to produce energy. The more commonly used term for this is VO₂max. This bit of information is best determined via direct gas analysis (VO₂max test). This test has long been coined as the “gold standard of fitness evaluation”. The more oxygen an athlete can process per minute relative to his or her weight (VO₂/mls/kg/min) the greater potential for endurance performance.*
- *Anaerobic capacity this is a measure of how much maximal power or*



speed can be produced in an all out 30 second effort. This assessment is often used in power sports and conducted via a Wingate test, done with specialized equipment that can convert human force into watts generated over time, a highly reliable power indication.

Knowing how shallow the research has been to develop a reliable estimate of both aerobic and anaerobic heart rates, I decided, why not do my own study? In my data base of test results, I have literally thousands of tests to glean information from. So I decided to draw 50 apparently healthy men and 50 women at various ages. As a baseline for Aet (aerobic) prediction, I used the formula of 180-age which has historically served as a reliable indicator of a relatively conservative, aerobic effort.

For the sake of consistency, to determine a reliable AnT (Anaerobic threshold), I moved all of their heart rates to the intensity that brought about a respiratory exchange rate (RER) of 1.0, which indicates 100% of the energy being utilized is carbohydrate. Remember, lactate is produced when carbohydrate is burned. That means regardless of age or heart rate, when this threshold is met, each client tested was clinically anaerobic. It really is a matter of semantics when it comes to these terms (LT vs. AT). Based on my experience, this math will indicate you are either well on your way to being exclusively anaerobic or there already.

Doing a bit more math, here is what I found:

The average female's heart rate, relative to effort, ran 10 bpm higher than men's heart rate when the RER of 1.0 was met (again illustrating that 100% of the energy was coming from carbohydrate). The averaged values of women aged 35 years, had an AT (anaerobic threshold) of 164 bpm and an AeT (aerobic threshold) of 145 bpm. The men aged 36 years averaged an AT (anaerobic threshold) of 153 bpm and an AeT (aerobic threshold) of 144 bpm. Mind you, these equations will not be spot on for all athletes, but it's a pretty strong prediction of the spread between aerobic and anaerobic for each gender.

These findings have proven to be very reliable when testing athletes as they run on a treadmill. Some may be familiar with the recent program I wrote "The Dark Horse" which was written for CrossFit. Fortunately these equations held up pretty well. It occurred to me that there is a pretty good likelihood that when



the game changes, for example, when attempting to use these equations on a ski erg or rower, some minor but potentially critical adjustments would be needed. So, what did we do? We put our concerns to a test. We invited some highly capable athletes in to assess the differences in metabolic turn points between these various training modalities to see just how much adjustments would be needed.

We simply tested each athlete on each device to see how far off our predictions might be compared to our standard test on the treadmill. What we learned is that because running is an open chain exercise (not connected to earth while in flight), women had a tendency towards slightly higher work capacities running vs. closed chain exercises such as rowing or ski erg (both feet engaged to fixed objects ie., the floor or feet locked in.) Men, who are of larger body types tended to be more capable of producing efficient work during closed chain exercises. Especially heavier athletes exceeding beyond 200 lbs.

It was an interesting experiment yet despite these variables, on paper our math did not change significantly. It comes down to a matter of about 10 bpm more or less added to the top end heart rates relative to task. The reason I suggested the differences “on paper” is because in reality a 10 bpm increase can be significant enough to end up being too much and can result in the inability to cope and thus

adapt to the lactate production we hope to tame. While you begin to learn from your efforts while following the training prescriptions what I expect you'll find is that you really do not need drastic increases in intensity to overload. Time under stress is an even more effective method of developing the tolerance we hope to achieve over time during these workouts.

I've spent nearly 3 decades testing athletes. It scares me to think how many I've actually tested. What's interesting, is the variance in responses I see relative to the data collected. I've learned that in order for me to prescribe training protocols, I don't like to depend on other clinicians findings. Sure the reports are pretty straight forward, what's missing is the actual observation of the athlete under stress. A VO₂max test measures the ventilatory consequence of work conducted via direct gas analysis. This is achieved by the athlete breathing through (generally) a mask that separates the air flow being inhaled vs the airflow exhaled. The sampling of respiration is precisely measured to determine the amount of oxygen (O₂) taken in, relative to the amount of carbon dioxide (CO₂) exhaled. These gases are segregated and accounted for in milliliters per minute and dished out into several equations:

- *Indifferent to body mass*
- *Relative to body mass*
- *Relative to heart rate*
- *RER*
- *And a host of other ventilatory data that is not relevant to this topic.*

All this as work is progressively made more difficult, until the subject being tested can no longer continue. As the data pours out during the test, in most cases, at the lower levels of intensity, the prominent gas is oxygen.

What's important to take from this, is that fat is the primary fuel source in the presence of oxygen, thus we derive the term "aerobic" which means exactly that. Carbon dioxide is a marker of lactate being present and lactate is principally produced as a result of carbohydrate metabolism. As these gases exchange and intensity increases, more and more CO₂ is being produced which indicates

carbohydrate is lending to be the greater share of energy provided for work. The consequence of this is greater lactate production. When the CO₂ levels match the intake of O₂ this is represented in what's termed the "respiratory exchange ratio" of 1.0. At this juncture 100% of the energy being consumed is carbohydrate.

This table accurately depicts the cost of work and from where it derived:

RER	Kcal L-102	% Carbohydrates	%Fat
0.71	4.69	0	100
0.75	4.74	15.6	84.4
0.80	4.80	33.4	66.6
0.85	4.86	50.7	49.3
0.90	4.92	67.5	32.5
0.95	4.99	84.0	16.0
1.00	5.05	100	0

What is not shown here and is difficult to predict, is how well an athlete can handle the ever increasing toxic environment that results from an increase production of lactate. On many occasion, I've had athletes incapable of broaching an RER value of 1.0 before fatigue caused them to quit the test. At the same time, I've had many athletes quite capable of performing well above this value in a highly acidic environment. This type of response may be categorized as "tolerant," it may even suggest that they have developed an innate capacity to process a greater share of the lactate as its being produced and either clearing and or converting this lactate to energy. The fact remains that, once the athlete is exclusively anaerobic, as indicated by an RER of 1.0 the cost of work is at a premium.

Determining AeT (aerobic threshold) through reliable prediction –

This value will serve as your baseline aerobic governor, you will rarely visit this low an intensity for this program. To reliably predict your aerobic threshold in lieu of clinical assessment:

- *For a man or women, subtract your age from 180 there is strong evidence you will be aerobic. This will give most people an effective, albeit conservative, baseline aerobic training governor.*

Determining AnT (anaerobic threshold) through reliable prediction –

Because this value is the nucleus of your entire training program, I will try to make this as clear as possible. To reliably predict your anaerobic threshold:

- *For a women, subtract your age from 180 and add 20 bpm and there is strong evidence you will be right at your anaerobic threshold.*
- *For a man, subtract your age from 180 and add 10 bpm.*

This will give most athletes an effective, albeit conservative, anaerobic training heart rate based on running. As you will learn, there may be need for moderate adjustments based on the type of exercise challenge you face. In our training intervals you will commonly exceed this top end heart rate value of these predictions.

I think at this juncture it's important to point out that in the absence of a clinical evaluation (VO2max test) everything that you are basing your threshold on is a prediction. I will say that if I have to guess, my approach of drawing from 100 healthy individuals clinical evaluations is a pretty strong place to start.



Determining Maximum

Heart Rate – This can be touchy business. I have a hard time recommending that you go out and beat yourself down to arrive at this value. With an exercise prescription, I always weigh the risk versus benefit before I decide to venture off into the unknown. Without knowing you personally or your previous health history, this is a risky proposition. As far as benefit goes, I think the accuracy of finding your max heart rate is pointless. The principal reason for doing so is to establish a multiplier to find your threshold, which has been shown to be

ineffective anyway. I suggest that you go ahead and use the 220-age formula to estimate your max heart rate and fore-go the beating. If you're off by 10 bpm, big whoop! This value is going to expand and contract with time and training anyway. It is a rare occasion that you will ever train at your max heart rate. Quite frankly, the return on that investment is never good. You may visit 90% of max often during interval training, but even then, never for very long. So I am satisfied with the 220-age equation for setting a top-end limiter for intervals. Keep in mind that most of the interval work you'll do will be governed by perception near the top end of your flow interval sets.

Perceived Exertion - Up to this point, I've assumed you are reading this book because guessing what to do and when to do it isn't working for you. I also assume you either have a heart rate monitor, or a purchase is imminent. In the event that these assumptions are wrong and you will apply my information to old-school thinking. Here is how you would train based on perception.

For the sake of full disclosure, I use perceived exertion often when training clients on a treadmill to assess their physical state before or after a training session. I find it to be a quick and easy method of communication that over time, becomes very dependable. I'll say something like, "On a 1-10 scale 10 being, 'oh my god I am about to die' and 1 like sitting on the sofa eating pizza, how do you feel"? A 5 to me means we're doing OK. While running near maximal speeds, I'll ask my client to spout out a number to reflect the intensity they feel since I can't feel what they are feeling. This is especially effective during high intensity intervals that are very short in duration. Jumping on to a treadmill for under a 30 second effort is too short a duration for your monitor and heart to relay what is happening second by second and perception is the most reliable method for determining an athletes state.

Having said that; I would never rely on my client's perception to determine whether they are aerobic or not during moderate intensity training. More often than not, they could be either over or under training.



“CONTRARY TO WHAT WE USUALLY BELIEVE, MOMENTS LIKE THESE, THE BEST MOMENTS IN OUR LIVES, ARE NOT THE PASSIVE, RECEPTIVE, RELAXING TIMES—ALTHOUGH SUCH EXPERIENCES CAN ALSO BE ENJOYABLE, IF WE HAVE WORKED HARD TO ATTAIN THEM.

THE BEST MOMENTS USUALLY OCCUR WHEN A PERSON'S BODY OR MIND IS STRETCHED TO ITS LIMITS IN A VOLUNTARY EFFORT TO ACCOMPLISH SOMETHING DIFFICULT AND WORTHWHILE. OPTIMAL EXPERIENCE IS THUS SOMETHING THAT WE MAKE HAPPEN. FOR A CHILD, IT COULD BE PLACING WITH TREMBLING FINGERS THE LAST BLOCK ON A TOWER SHE HAS BUILT, HIGHER THAN ANY SHE HAS BUILT SO FAR; FOR A SWIMMER, IT COULD BE TRYING TO BEAT HIS OWN RECORD; FOR A VIOLINIST, MASTERING AN INTRICATE MUSICAL PASSAGE. FOR EACH PERSON THERE ARE THOUSANDS OF OPPORTUNITIES, CHALLENGES TO EXPAND OURSELVES.”

MIHALY CSIKSZENTMIHALYI -

FLOW: THE PSYCHOLOGY OF OPTIMAL EXPERIENCE

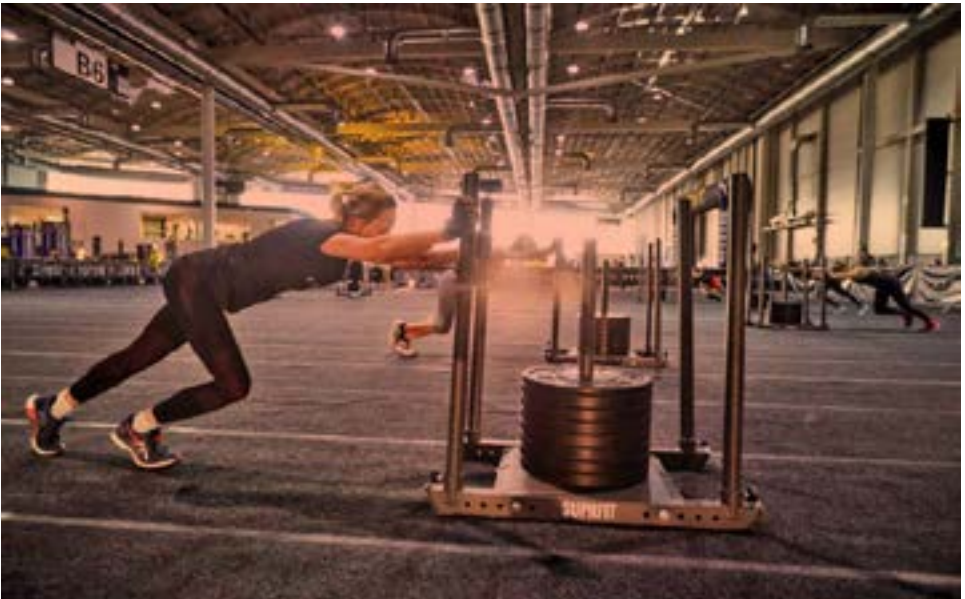
The “Borg Scale”... Rating Perception of Effort

0.....	Nothing at all	5.....	Strong
0.5.....	Hardly noticeable	6.....	Very strong
1.....	Very weak	7.....	
2.....	Weak	8.....	
3.....	Moderate	9.....	
4.....	Somewhat strong	10.....	Very, very strong

Attempting to apply these perceptive values to my training concepts is less than optimal. I have interviewed countless athletes whose perception of their effort was good, right up until they fell apart or “hit the wall.” It’s funny how this works. By the time you find out you are overdrawn, the check has already been written and cashed. This is when you find out you are broke. Even considering this warning, I suggest you perform a field test and have an observational conversation with yourself:

“How do I feel now, am I a 3 or a 4?” “What sensation is common with this perception?” Do the same thing at 5, 6, 7, 8 and 9.

Figure it out and make a mental note



THE HYROX PROJECT

An 8 week Functional Fitness Plan Designed for Competition

Before we get started, there are a few recommendations that are important to cover up front. Ambitious athletes are notorious for over training. I don't care what plan you follow, if you overdo it, you're likely to fall short of your goals. It takes discipline to stay the course and avoid investing time and energy incorrectly because it's the popular thing to do.

So in essence, there are several approaches you can take:

A.) Follow the training as written for the entire 8 weeks, measure your progress and draw your own conclusions. We're confident that to do so will yield surprising benefits.

B.) Take advantage of the Private Facebook Group and access to your coach for these 8 weeks. There is no better way to address frustrations or concerns than a weekly live chat. (Limited to those who opted in)

C.) Avoid changing up the workouts without asking first. Its like a house of cards, if you rearrange you may find that you end up falling behind due to being over worked.

Final recommendation

Do not judge your initial results! These workouts are going to kick your ass for a while. You may find yourself pretty worked in the first few weeks until the desired adaptations result. Shifting energy systems takes a bit of time and dedication. Much like changing your diet, you have to stay the course. If you cheat and surrender to too many aerobic recoveries too often, the adaptations will take longer.

THE TRAINING TOOLS

I designed the workout around the all of the challenges of a Hyrox competition, which means, you will need to have access to the specific equipment. If you train at home and do not have access to these devices, you can certainly improvise.

You should have learned by now that you need a means to track your efforts. I have already pointed out a heart rate monitor is an excellent investment. Right about now you may expect me to make a brand recommendation, I'm not going to do it. In all of the years I have worked in the business of tracking heart rate, I have experimented with many. Here are the features I feel are critical:

No matter what brand you settle on, get yourself a chest strap! Optical sensors have become vogue in the heart rate monitor industry due in great part because, let's face it, everyone hates that strap around your chest. Unfortunately, the optical sensors are a bad fit for training causes you to grip tightly during an exercise. Gripping, causes vasoconstriction. These optical sensors are sending a light into your skin to pick up on blood flow. Vasoconstriction inhibits blood flow temporarily. Don't believe me? Check your heart rate before an exercise such as a heavy farmers carry or Burbee's, check your heart rate. It will have dumped. As soon as the exercise is over and you feel your heart pounding, you'll quickly realize, the number on your watch is incorrect. If you wait another minute, you'll see your heart rate surge back up.

At the end of the day getting a reliable read from your device is what we need and this hiccup doesn't work for me. A chest strap reads your heart rate from the source, its a bit cumbersome but its far more reliable and accurate.

Nearly all of the monitors offer the option of a chest strap. If you own a Garmin, Polar, Suunto or Timex or even an Apple Watch you can purchase a chest strap. It will overrule the reading from your optical sensor under your watch face. Most of these aforementioned manufactures provide a place to store the training you do on a proprietary site where you can upload your data at no extra cost. Garmin has a program called "Garmin Connect" which is pretty robust as do the others mentioned. All my clients and in this program (assuming you're part of the 8 week Project) are encouraged to upload the data

associated with the workouts I write for them to Training Peaks. Training Peaks is the most powerful Online training journal on the market. You can set up an account for free and or you can pay an up-charge to get really amazing tracking. Whichever path you choose, what's important is you track your efforts. There is no better way to identify your progress than to collect the cost of your efforts into a journal. You'll see the cause and effect of everything you've done. How long it took to execute a workout and what the heart rate responses where and so much more.



These monitors can get pretty expensive but they don't need be. If you want to operate on the cheap, you can purchase a chest strap that reveals your heart rate on your Smartphone in an app of which there are thousands to choose from, most of which are free. The only downside is you need to have your phone nearby while you're working out.

THE FLOW “CONCEPT”

By definition, if I were to prescribe a specific path for you to follow verbatim, it literally defeats the “concept” of flow. To flow in training is to follow intuition. For example, if I dictate that you spend 2 minutes at 165 bpm and you work hard to achieve this end, the outcome may or may not be appropriate depending on your physical and emotional attributes. “A” personalities like to follow scripts. “B” personalizes like wiggle room. All said and done, in this program, I intend to provide both a script and a concept to follow.

For a live tutorial follow this link: <https://youtu.be/wYxS10nRTVQ>

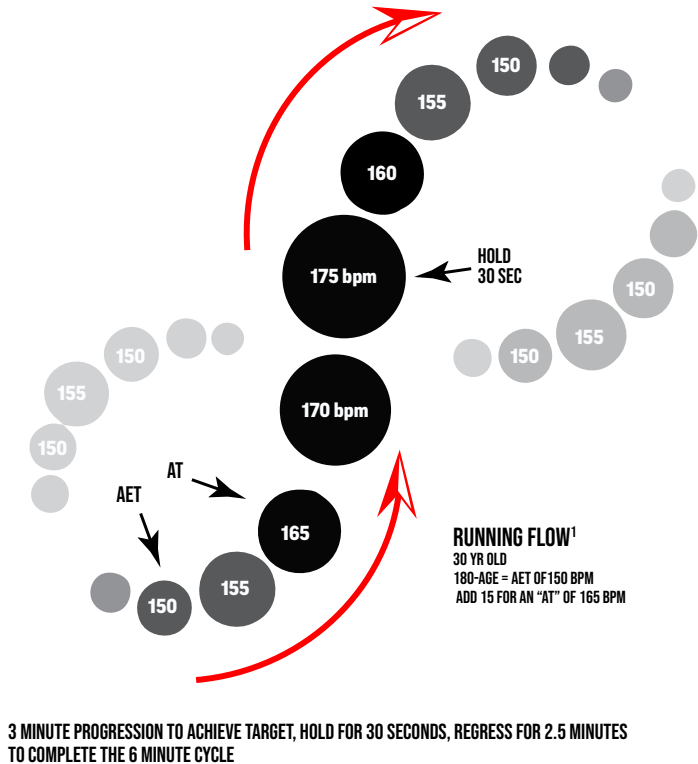
The diagrams provided are carefully thought out and if you are the “A” type, these diagrams and recommendations should serve you well. Having said that If the goal is to achieve a heart rate recommendation of say 165 bpm within 10 minutes of a flow cycle and you require a few attempts to achieve it, you did not fail. It is nearly impossible to write precise script for a variety of athletes, with a variety of body types and fitness levels. I took more consideration to this challenge than I think anyone before me has ever done for this application.

The Infinity symbol shown in the Flow diagrams sole purpose is to get your mind off of a linear mindset. As you work through each model the intent is to control the intensity in dosages. You will move beyond your metabolic turn point and expose yourself to an ever increasing amount of lactate production without over exposure and ultimate failure. Too much too soon and your body does not have a chance to adapt. Too little too often and there is not enough metabolic stress to develop anaerobic tolerance. What we hope to do is provide just the right amount of stimulus as to improve tolerance and defeat the potential ensuing fatigue.

What is critically important to keep in mind is:

The flow sessions are “cardio-treatments”, they are not a measure of how much work you can perform, competition is where these results are manifest.

The treatments are developed to elicit a progressive adaptation that allows you to press beyond previous boundaries. Through our testing, we created a window of training intensities from which the energy system is manipulated into a more permissive outcome. In short, developing the capacity to detoxify working muscles and or prolong the amount of time and force that can be generated, i.e., winning the battle with fatigue.



The example flow cycle shown is built around a 30 year old male who is exercising on a treadmill (or running outdoors).

As earlier described, if you subtract his age from 180 you have his “AeT” - 150 bpm (aerobic threshold), by adding 15 bpm his predicted “AT” (anaerobic threshold) would be 165 bpm.

As a reminder, “AT” represents his metabolic turn point which suggests, he is now producing lactate in the working muscles at a rate greater than he can clear

it. In the sample flow cycle you can see that the work begins at the bottom left and progressively works up the path up to and beyond his AT and then regresses back in interval fashion. The magic occurs relative to the time spent at any specific influence or intensity. If the treatment calls for a 3 minute progression to reach 175 bpm (as shown) it may further indicate that you stall at this point in the cycle and hold the effort for 30 seconds before regressing. It may not seem problematic to achieve a heart rate of 170 bpm but if you had to stay there for a minute or longer you may begin to experience the acidic burn that we have all felt before.

The common approach is to continue to push into the pain cave hoping that your willingness to suffer may result in a favorable outcome. I would argue there is a better way.

If you had ever been to the ocean and watched the waves roll onto the beach, you may have noticed they too surge with progression, smaller waves initially that evolve into greater and greater size waves before they begin to subside. Being on the West Coast, I can refer to an analogy of surfers sitting on “the outside” awaiting the perfect wave. Through experience they can read this ebb and flow of the waves. The flow workouts done properly will expose you to this perfect wave, just the right amount of intensity and time to get the “treatment” for the session.

Referring back to the 30 year old male example, the ramp up to 175 bpm is 3 minutes, to include the time to hold peak effort for approximately 30 seconds. The regression should carefully subside over another 2.5 minutes for a total of 6 minutes to complete the flow cycle. Because our heart rate responses are very unique, the effort and time it takes to achieve a specific target cannot be effectively orchestrated in a general sense. Instead I offer a time to achieve and time to hold a specific heart rate. The prescription may call for multiple rounds which is dependent upon the goal and or where you are in the program. During the recovery regression phase as noted, you want to maintain a guarded amount of intensity. As depicted you are “rolling” the intensity, not allowing the heart rate to simply plummet.

Hopefully you now have a firm grasp of “concept”. Now we’ll combine the

cardio-treatments with the WOD's over the weeks to follow. Because everyone's training cycles are unique to their lifestyles and demands, I did not assign the workouts to specific days of the week. What I did do is organize the work over successive days to include recovery days.

It's Important to note that we are not machines! Our heart rate rises and lowers based on the tasks it is designed to accomplish and this time-line is very specific to each individual's fitness and training experience. The heart rate numbers in the prescription do not take into account how long it takes to drop into these values. If you rush in, you may lose control and or end up with an undesirable outcome. It takes a bit of time to get into a rhythm relative to each mode of exercise you choose (rower, run, ski erg, etc.). Be patient, trust what you're doing will pay huge dividends once you create an effective approach.

The Flow is a departure from traditional linear thinking. It depicts an ebb and flow of energy marked by heart rate, which we've learned is a reliable indicator of intensity and the energy systems in which we rely. By supplementing your training with these unique metabolic stimulators, you'll find that you can train the body to sustain intensity without relying on aerobic clearance which takes too long to be effective. The traditional approach of retreating from the ensuing lactate surges will teach you to retreat. By training in an undulating anaerobic state you'll find your tolerance will improve and force production maintained.

All through the programming you'll find elements that are incredibly powerful: The AT-PT (anaerobic threshold performance trial). These trials offer a very effective method of quickly identifying progress as a result of your training. The AT-PT reveals your progress as it relates to force (measured by watts) relative to expense (heart rate response) associated with the row or ski efforts. For example if you were originally able to sustain an average of 250 watts at say, 160 bpm and in a follow up trial you are able to produce the same work (250 watts) at 150 bpm, the cost of work has greatly improved. Another way to view this progress is if you were able to sustain 300-350 watts at the same initial heart rate, this too suggests things are greatly improving. The MLSS (maximum lactate steady state) pre/post WOD sets super charge your lactate tolerance capacity. We felt these additions would be a great way to motivate and reveal improvements.

BY THE NUMBERS...Through our desire to come as close to perfect as humanly possible, we tested athletes on all of the cardio specific elements in this program. It may seem like overkill, but believe me, as little as 5 bpm difference can make a big difference. We found that it matters if you carry 20-30 lbs more than someone else of the same gender and age. It matters if you are fixed in a close chain exercise vs. an open chain exercise. If you are able to make the slightest adjustments in your training heart rate equation, it can make the difference between success or failure.



Once you know what your numbers are, it's pretty simple to model the forthcoming flow charts to work really well for you. As you will see in the flow charts, the efforts work off your "AT". In some cases, your path will begin as much as 10 bpm below AT and work up in 5 to 10 bpm increments above AT and begin regressing from the peak. As you'll learn quite quickly, your progress

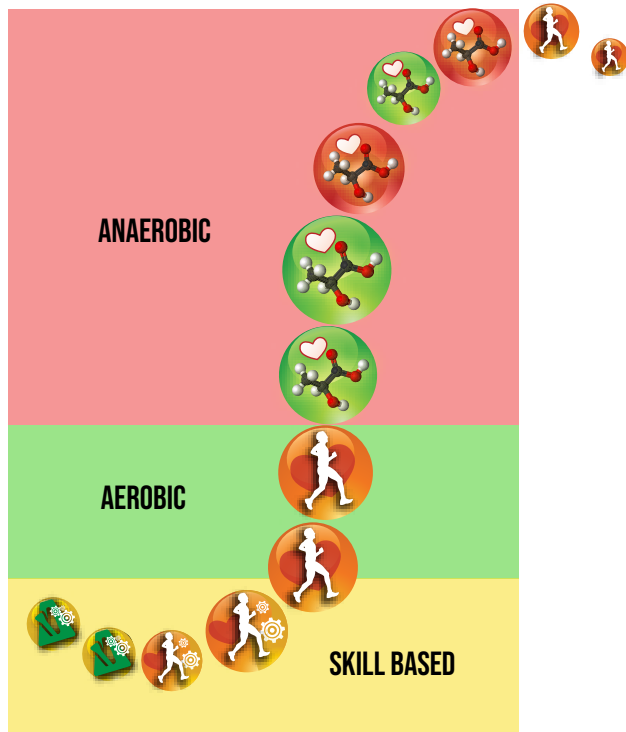
and workloads are tied to the amount of time spent at any given workload more than how high the heart rate numbers are.



Anyone who knows me would expect what is coming... I am firmly convinced that if you intend to run and apply intensity to your effort, there is a proper way to run. Absent concern of what I feel is the right way vs. wrong, odds are speed will come at a cost in the way of injury. The next days workout has a built in lesson. It begins with strict adherence to stride frequency. In this program it is termed “Cadence Builder.”

A cadence builder is when your sole focus is to refine the way you run. No consideration for pace or heart rate, simply making certain that you land properly (forefoot first, without over striding at the correct gait frequency). In the early stages of your training, slower at the correct frequency of 180 steps per minute

will eventually evolve into less effort, less braking (which leads to injury) and becoming a better runner. I did not want to dive straight into intensity knowing full well that many athletes are willing to push themselves beyond reasonable boundaries.



Over these few months, the goal is to develop an incredible tolerance to the debilitating lactate production so that fatigue does not inhibit your performance. All of the “Flow Cycles” are designed to take you into a lactate bath without drowning as a result. Stationary efforts such as the Ski erg or Rower are not as complex as running where skill is concerned so early, we hammer the easy to master efforts to develop our fitness and carefully develop our running talent which will soon improve our overall performance.

INTENSITY AND SKILL GUIDE



CADENCE BUILDER

The intent here is to maintain a strict cadence of 180 spm regardless of heart rate with a focus on proper forefoot running. Think of this as pre-run prep. A metronome is recommended.



MOTOR SKILL

Motor Skill is a drill in where yo progressively bring your run to max velocity MINUS error. If you fall off cadence, over stride or make errors, back off, recover and repeat in interval fashion.



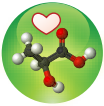
AEROBIC

When training aerobically, the goal is to stay mid range ($180 - \text{age}$) is a good indicator if you have not been tested.



VO2 MAX

VO2 max effort is high Anaerobic $180 - \text{age} + 15$ bpm is a good gauge.



ANAEROBIC

When training anaerobically, the goal is to not exceed ($180 - \text{age} + 10$ bpm) at least early on in the program.



[CLICK HERE FOR VIDEO TUTORIAL](#)

WEEK ONE/ DAY TWO

HYROX WOD - LEVEL 1^B

4 ROUNDS:

AMRAP WALL BALLS 1 MIN

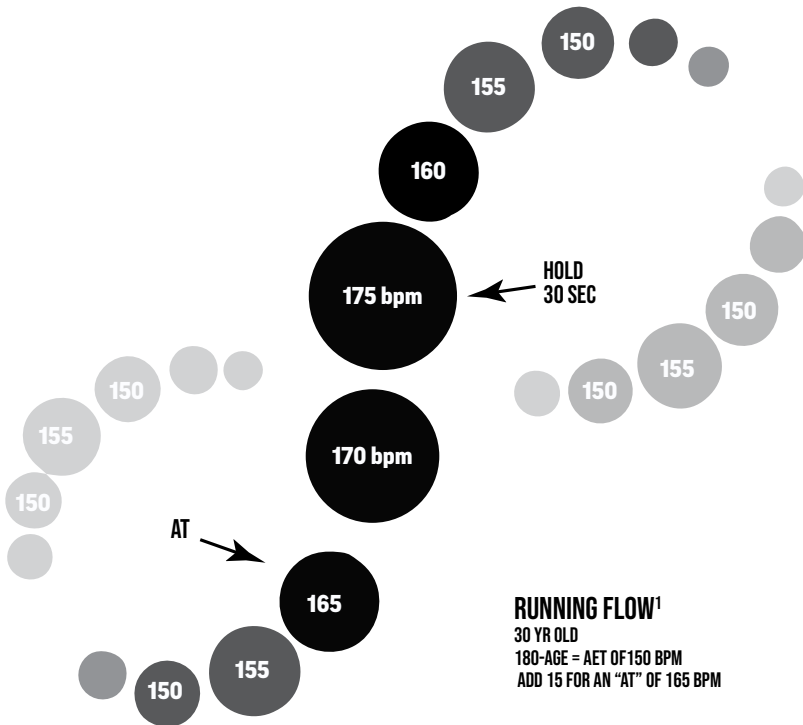
KETTLE BELLS FARMER'S CARRY 200M

SANDBAG LUNGES 100M

MOVE TO FLOW CYCLE

FLOW CYCLE - RUNNING FLOW¹

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING FLOW CYCLE

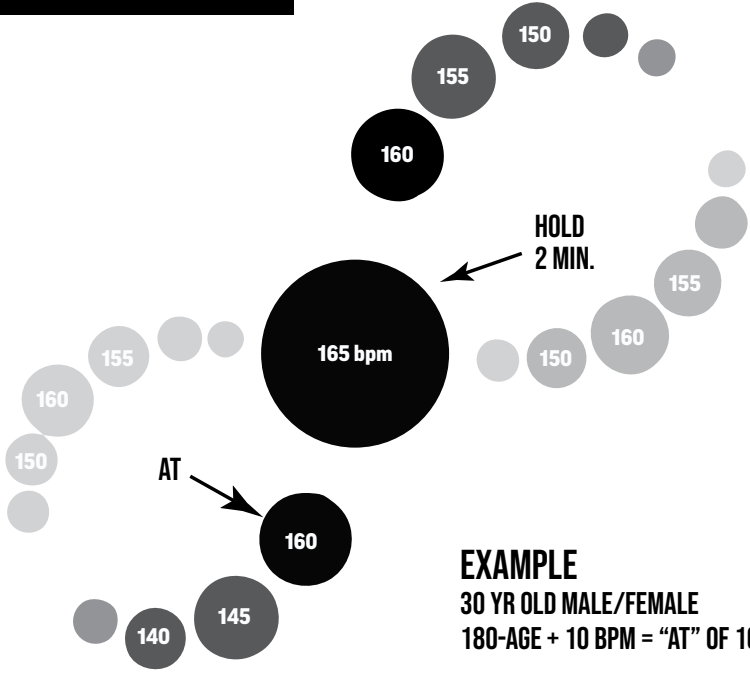


3 MINUTE PROGRESSION TO ACHIEVE TARGET, HOLD FOR 30 SECONDS, REGRESS FOR 2.5 MINUTES TO COMPLETE THE 6 MINUTE CYCLE

WEEK ONE/ DAY THREE

MLSS (MAXIMUM LACTATE STEADY STATE)

ROWING LEVEL 1



EXAMPLE
30 YR OLD MALE/FEMALE
 $180 - \text{AGE} + 10 \text{ BPM} = \text{"AT" OF } 160$

5 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 2 MIN, REGRESS FOR 3 MINUTES.
10 MIN TO COMPLETE CYCLE X 6 ROUNDS = 60 MIN.

WEEK ONE / DAY FOUR

RECOVERY DAY

WEEK ONE / DAY FIVE

WOD HYROX LEVEL 1^C

4 ROUNDS

DOUBLE UNDER'S 1 MINUTE

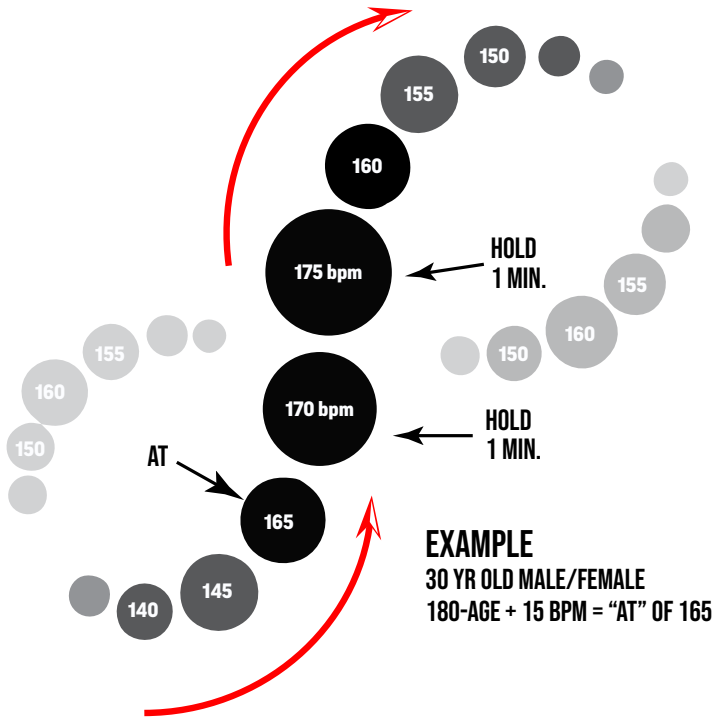
SLED PULL / PUSH 25 METERS EA.

SANDBAG LUNGES 100 METERS (M-50LB F-40LB)

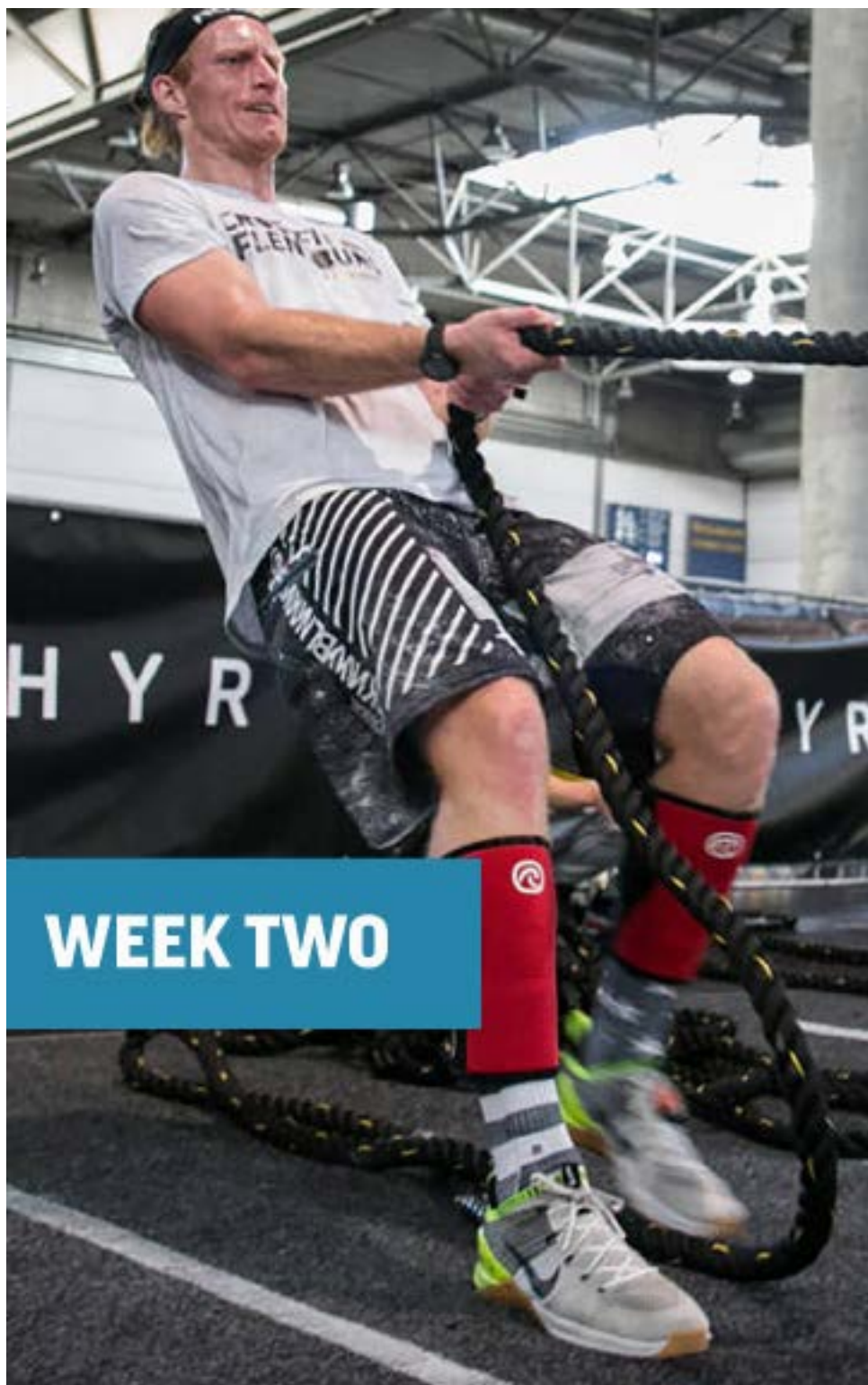
WALL BALLS X 25 (M-20LB F-14LB)

FLOW CYCLE - RUNNING ^A

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING THE FLOW CYCLE



5 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, HOLD FOR 1 MIN., ESCALATE TO SECOND TARGET HOLD FOR 1 MIN., REGRESS FOR 5 MINUTES. 12 MIN. TO COMPLETE A CYCLE X 2 ROUNDS = 22 MIN.



WEEK TWO

WEEK TWO / DAY ONE

AT-PT (ANAEROBIC PERFORMANCE TRIAL)

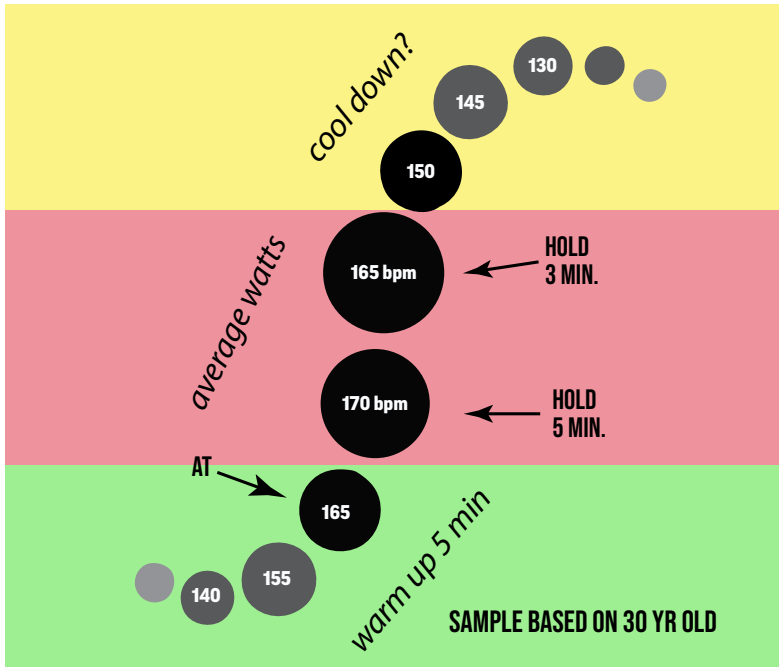
1. WARM UP FOR 5 MINUTES, PROGRESSING TO AT HEART RATE
2. PROGRESS TO THE PEAK TARGET AND HOLD HR/PACE FOR 5 MIN
3. REGRESS TO AT HR/PACE, KEEP NOTE OF AVERAGE POWER IN WATTS
4. RECOVER, HOW LONG DOES IT TAKE TO RECOVER TO 130 BPM?

Tip: Do not attempt this trial if you're ill prepared, such as, after a hard workout, poor sleep or overly sore.

FLOW CYCLE - AT PT

MALE FORMULA= 180-AGE + 15 BPM = AT

FEMALE FORMULA= 180-AGE + 15 BPM = AT

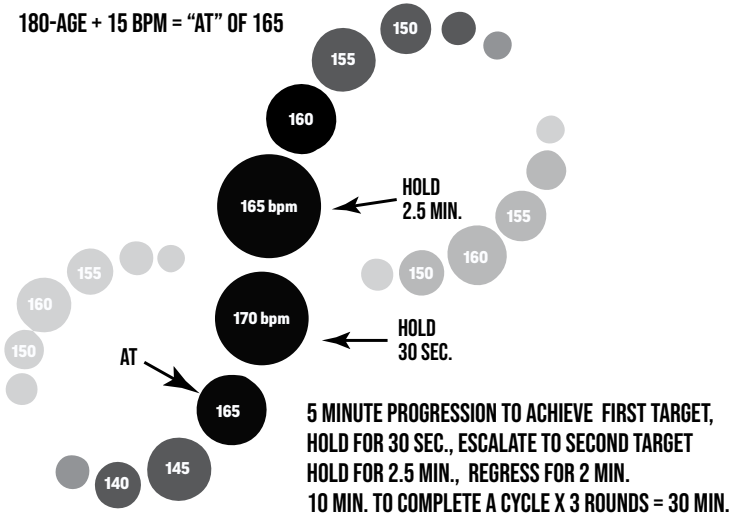


CHOOSE THE EXERCISE DEVICE THAT BEST SUITS YOUR CONCERN. DO NOT ALTER THE PREDICTED EQUATIONS. BECAUSE THIS TRIAL IS BUILT ON COMPARATIVE ANALYSIS, YOUR RESULTS ARE BASED ON FAIR COMPARISON.

WEEK TWO/ DAY TWO

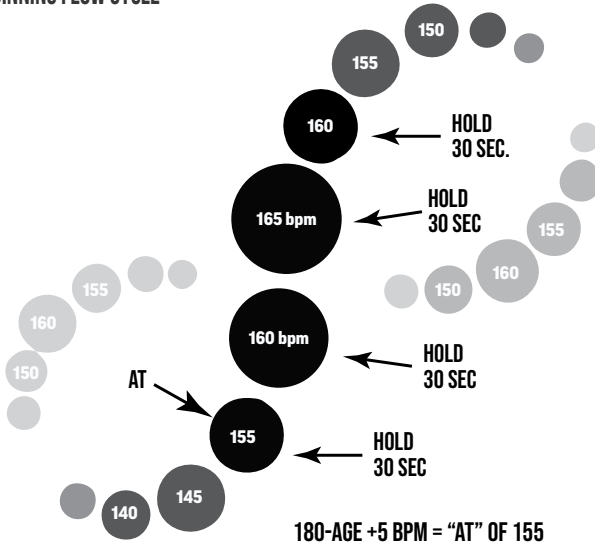
FLOW CYCLE - RUNNING ^B

180-AGE + 15 BPM = "AT" OF 165



FLOW CYCLE - SKI ERG¹

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING FLOW CYCLE



2 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, ESCALATE TO SECOND, THIRD TARGET REGRESS FOR 2 MINUTES. 6 MIN TO COMPLETE A CYCLE X 4 ROUNDS = 24 MIN.

WEEK TWO/ DAY THREE

WOD HYROX - LEVEL 2^A

2 ROUNDS:

SKIP ROPE AGGRESSIVE 1 MIN

SLED PUSH 25 METERS @ 275LB M / 200LB F

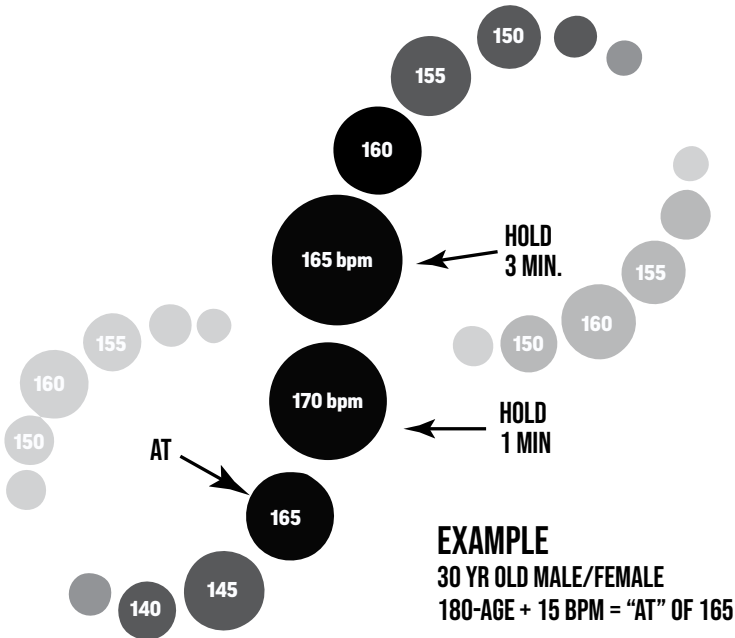
SLED PULL 25 METERS @ 200LB M / 150LB F

AMRAP WALL BALLS 1 MIN

MOVE TO FLOW CYCLE

FLOW CYCLE - RUNNING ^C

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING THE FLOW CYCLE



5 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, HOLD FOR 1 MIN., ESCALATE TO SECOND TARGET HOLD FOR 3 MIN., REGRESS FOR 3 MINUTES. 12 MIN. TO COMPLETE A CYCLE X 2 ROUNDS = 24 MIN.

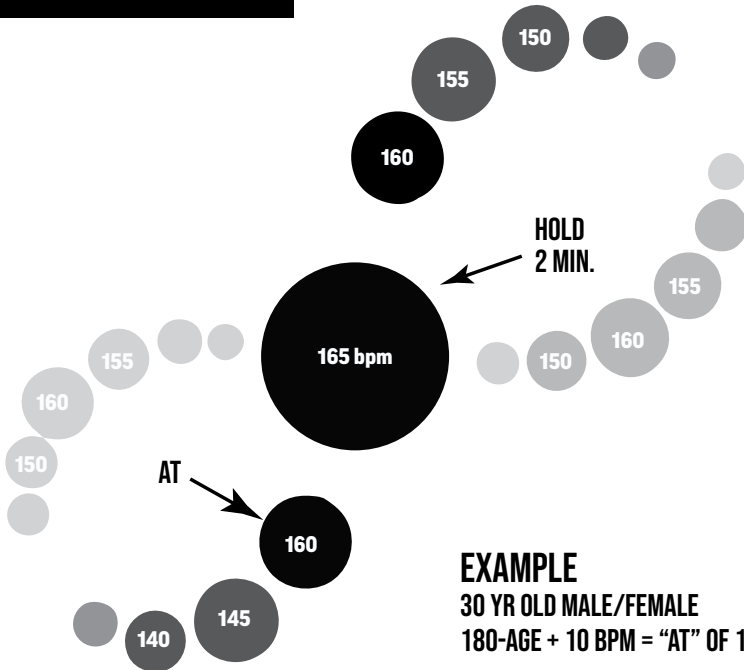
WEEK TWO / DAY FOUR

RECOVERY DAY

WEEK TWO/ DAY FIVE

MLSS (MAXIMUM LACTATE STEADY STATE)

ROWING LEVEL 1



EXAMPLE
30 YR OLD MALE/FEMALE
 $180 - \text{AGE} + 10 \text{ BPM} = \text{"AT"} \text{ OF } 160$

5 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 2 MIN, REGRESS FOR 3 MINUTES.
10 MIN TO COMPLETE CYCLE X 6 ROUNDS = 60 MIN.
RECOVER FOR 2 MIN BETWEEN ROUNDS

WEEK TWO/ DAY SIX

WOD HYROX - LEVEL 1^A

4 ROUNDS:

SKIP ROPE AGGRESSIVE 1 MIN

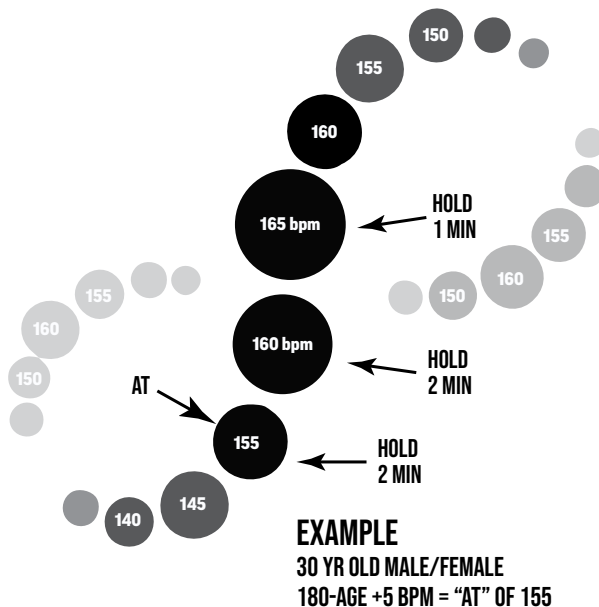
AMRAP BURPEE PUSH UPS 1 MIN

AMRAP WALL BALLS 1 MIN

MOVE TO FLOW CYCLE

FLOW CYCLE - SKI ERG²

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING FLOW CYCLE



2 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, ESCALATE TO SECOND, THIRD TARGET
REGRESS FOR 3 MINUTES. 10 MIN TO COMPLETE A CYCLE X 3 ROUNDS = 30 MIN.
1 MIN RECOVERY BETWEEN ROUNDS

WEEK TWO / DAY SEVEN

RECOVERY DAY



WEEK THREE

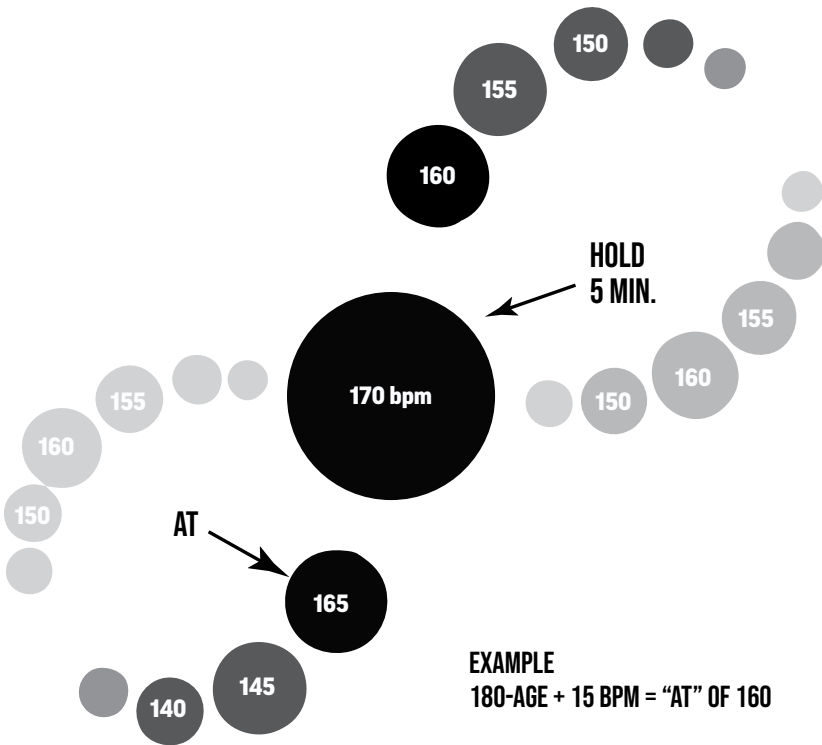
UNCONQUERED
UNBOWED
UNFROCKED

WEEK THREE/ DAY ONE

MLSS (MAXIMUM LACTATE STEADY STATE) RUNNING

MALE FORMULA = $180 - \text{AGE} + 15 \text{ BPM} = \text{AT}$

FEMALE FORMULA = $180 - \text{AGE} + 15 \text{ BPM} = \text{AT}$



EXAMPLE

$180 - \text{AGE} + 15 \text{ BPM} = \text{"AT"} \text{ OF } 160$

MEN OVER 200 LBS $180 - \text{AGE} + 5$

WOMEN OVER 150 LBS $180 - \text{AGE} + 5$

**5 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 5 MIN., REGRESS FOR 5 MINUTES.
15 MIN. TO COMPLETE A CYCLE X 2 ROUNDS = 30 MIN.**

WEEK THREE / DAY TWO

WOD HYROX LEVEL 1^C

4 ROUNDS

DOUBLE UNDER'S 1 MINUTE

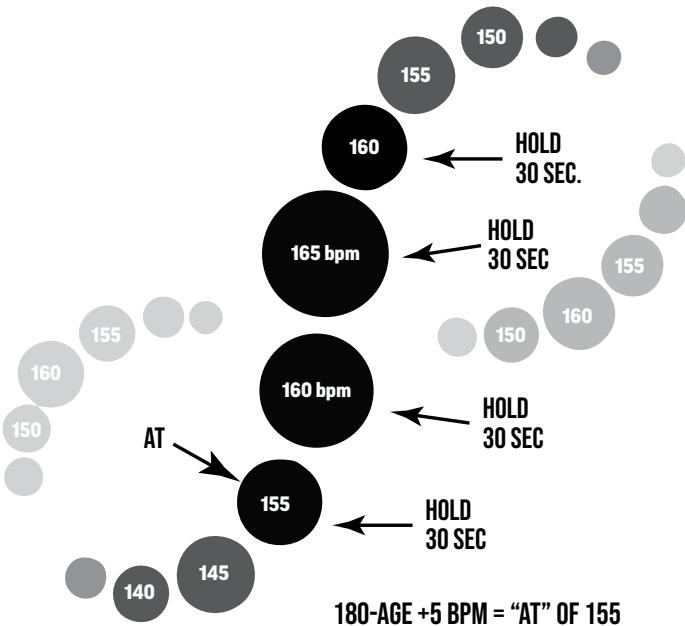
SLED PULL / PUSH 25 METERS EA.

SANDBAG LUNGES 100 METERS (M-50LB F-40LB)

WALL BALLS X 25 (M-20LB F-14LB)

FLOW CYCLE - SKI ERG¹

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING FLOW CYCLE



2 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, ESCALATE TO SECOND, THIRD TARGET REGRESS FOR 2 MINUTES. 6 MIN TO COMPLETE A CYCLE X 4 ROUNDS = 24 MIN.

WEEK THREE / DAY THREE

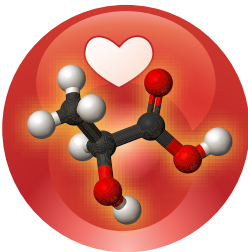
WOD HYROX AEROBIC TIME TRIAL



BEGIN WITH AN EASY WARM UP, STRETCH AND AS YOU BEGIN RUNNING, GRADUALLY BRING YOURSELF TO YOUR AEROBIC HEART RATE (180-AGE). ONCE ACHIEVED, BEGIN TIMING THE RUN FOR 5K (3.1 MILES), KEEP YOUR HEART RATE AS NEAR YOUR TARGET HEART RATE AS POSSIBLE.

THIS TRIAL PROVIDES A GREAT SNAP SHOT OF YOUR PROGRESS. EVEN THOUGH IT MAY SEEM AS INCREDIBLY SIMPLE, SLOW PACE. WITH TIME YOU WILL NOTICE THAT THE TIME TO ACCOMPLISH THIS TRIAL WILL IMPROVE EVEN THOUGH THE COST HAS NOT INCREASED.

WOD HYROX ANAEROBIC TIME TRIAL



ANAEROBIC 1K TIME TRIAL. NEEDLESS TO SAY, THIS IS A CRITICAL TRIAL IN THAT IT IS THE DISTANCE YOU INTEND TO RACE AS MANY AS 8 CONSECUTIVE TIMES IN COMPETITION. RATHER THAN RED LINING FOR THE ENTIRE DISTANCE, USE THIS EQUATION: $180-AGE + 15$. YOU MAY NOT BE ABLE TO HOLD THIS INTENSITY FOR THE ENTIRE DISTANCE, REGARDLESS IT WILL BE A GREAT LESSON. LEARN FROM IT. NEXT RACE YOU WILL HAVE A MUCH BETTER HANDLE ON YOUR PACING

WEEK THREE/ DAY SIX

WOD HYROX - LEVEL 2^A

4 ROUNDS:

SANDBAG LUNGE 25 METERS 50LB/M 40LB/F

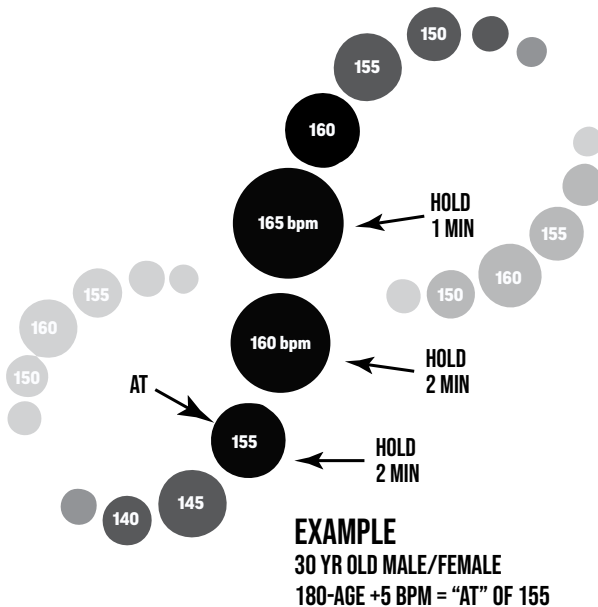
BURPEE BROAD JUMP 25 METERS

AMRAP WALL BALLS 2 MIN

MOVE TO FLOW CYCLE

FLOW CYCLE - SKI ERG²

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING FLOW CYCLE



2 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, ESCALATE TO SECOND, THIRD TARGET
REGRESS FOR 3 MINUTES. 10 MIN TO COMPLETE A CYCLE X 3 ROUNDS = 30 MIN.
1 MIN RECOVERY BETWEEN ROUNDS

WEEK THREE / DAY SEVEN

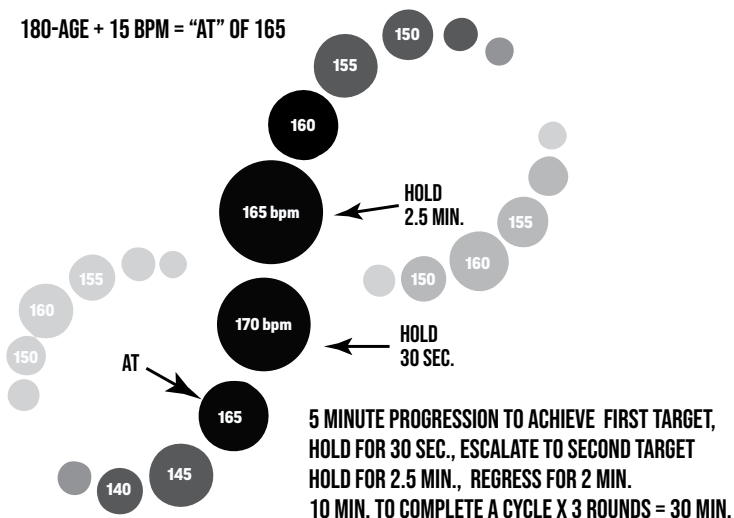
RECOVERY DAY



WEEK FOUR/ DAY ONE

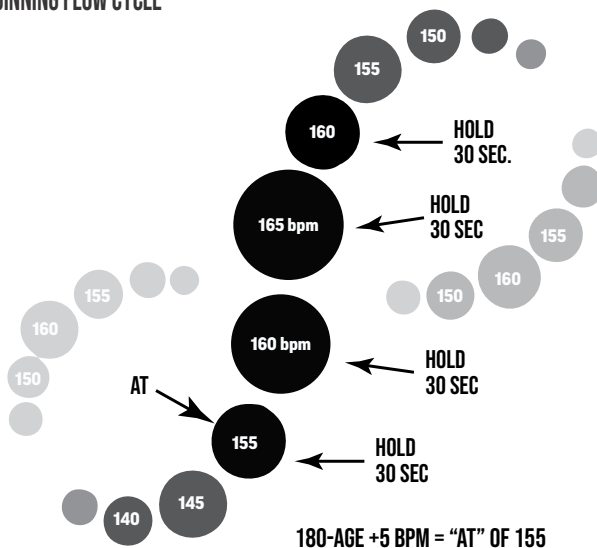
FLOW CYCLE - RUNNING ^B

180-AGE + 15 BPM = "AT" OF 165



FLOW CYCLE - SKI ERG¹

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING FLOW CYCLE



2 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, ESCALATE TO SECOND, THIRD TARGET REGRESS FOR 2 MINUTES. 6 MIN TO COMPLETE A CYCLE X 4 ROUNDS = 24 MIN.

WEEK FOUR / DAY TWO

WOD HYROX LEVEL 1^C

4 ROUNDS

DOUBLE UNDER'S 1 MINUTE

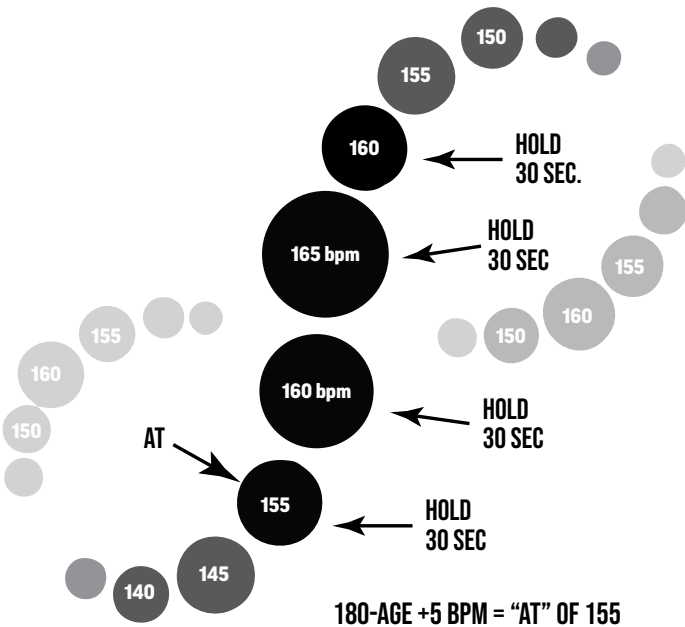
SLED PULL / PUSH 25 METERS EA.

SANDBAG LUNGES 100 METERS (M-50LB F-40LB)

WALL BALLS X 25 (M-20LB F-14LB)

FLOW CYCLE - SKI ERG¹

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING FLOW CYCLE

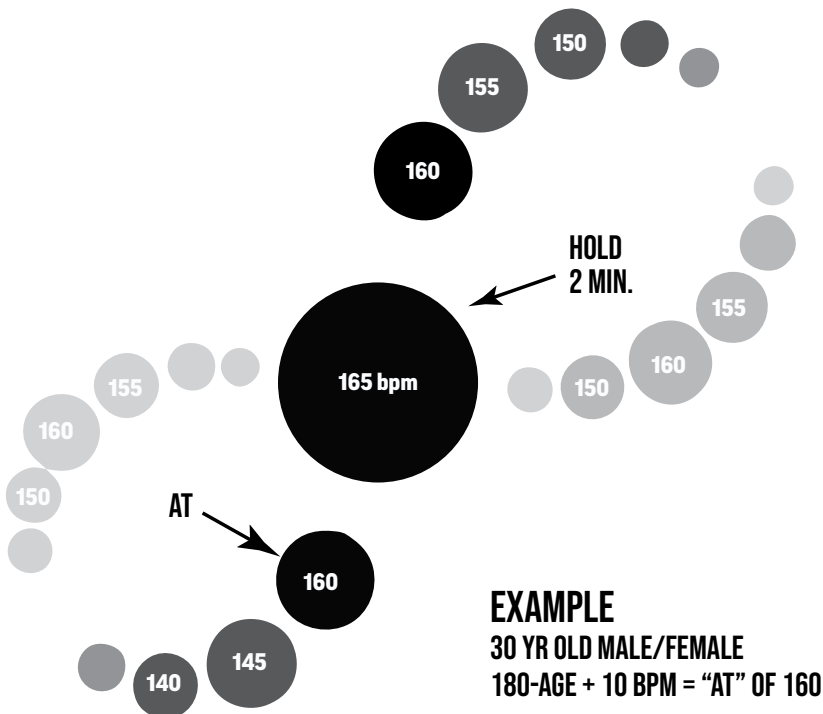


2 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, ESCALATE TO SECOND, THIRD TARGET REGRESS FOR 2 MINUTES. 6 MIN TO COMPLETE A CYCLE X 4 ROUNDS = 24 MIN.

WEEK FOUR/ DAY THREE

MLSS (MAXIMUM LACTATE STEADY STATE)

ROWING LEVEL 1



5 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 2 MIN, REGRESS FOR 3 MINUTES. 10 MIN TO COMPLETE CYCLE X 6 ROUNDS = 60 MIN.
(RECOVER TO 120 BPM BETWEEN ROUNDS)

WEEK FOUR / DAY FOUR

RECOVERY DAY

WEEK FOUR/ DAY FIVE

AT-PT (ANAEROBIC PERFORMANCE TRIAL)

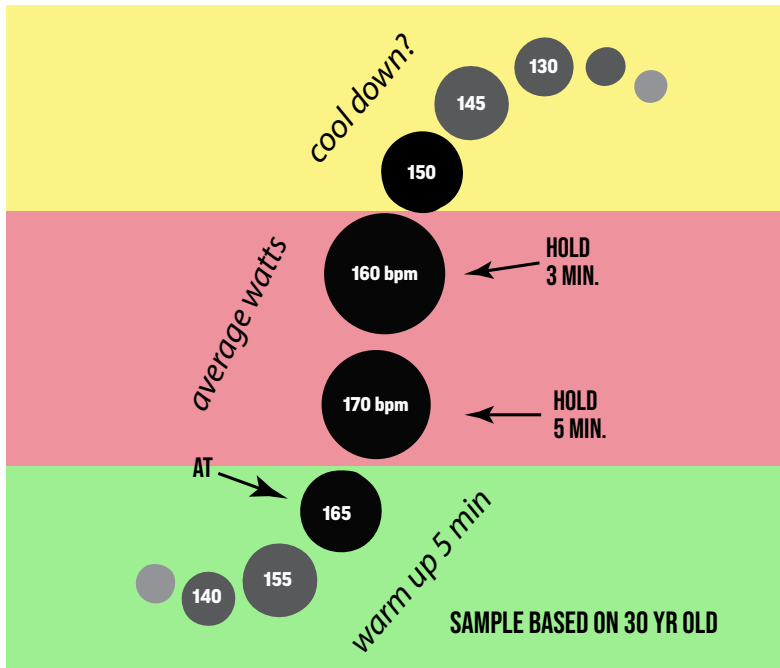
1. WARM UP FOR 5 MINUTES, PROGRESSING TO AT HEART RATE
2. PROGRESS TO THE PEAK TARGET AND HOLD HR/PACE FOR 5 MIN
3. REGRESS TO AT HR/PACE, KEEP NOTE OF AVERAGE POWER IN WATTS
4. RECOVER, HOW LONG DOES IT TAKE TO RECOVER TO 130 BPM?

Tip: Do not attempt this trial if you're ill prepared, such as, after a hard workout, poor sleep or overly sore.

FLOW CYCLE - AT PT

MALE FORMULA= 180-AGE + 15 BPM = AT

FEMALE FORMULA= 180-AGE + 15 BPM = AT



CHOOSE THE SAME EXERCISE DEVICE AS YOUR PREVIOUS AT PT. DO NOT ALTER THE PREDICTED EQUATIONS. BECAUSE THIS TRIAL IS BUILT ON COMPARATIVE ANALYSIS, YOUR RESULTS ARE BASED ON FAIR COMPARISON.

WEEK FOUR/ DAY SIX

WOD HYROX - LEVEL 2^B

2 ROUNDS:

KETTLEBELL FARMER CARRY 25 METERS @ 80LB M / 50LB F

BURPEE BROADJUMP 25 METERS

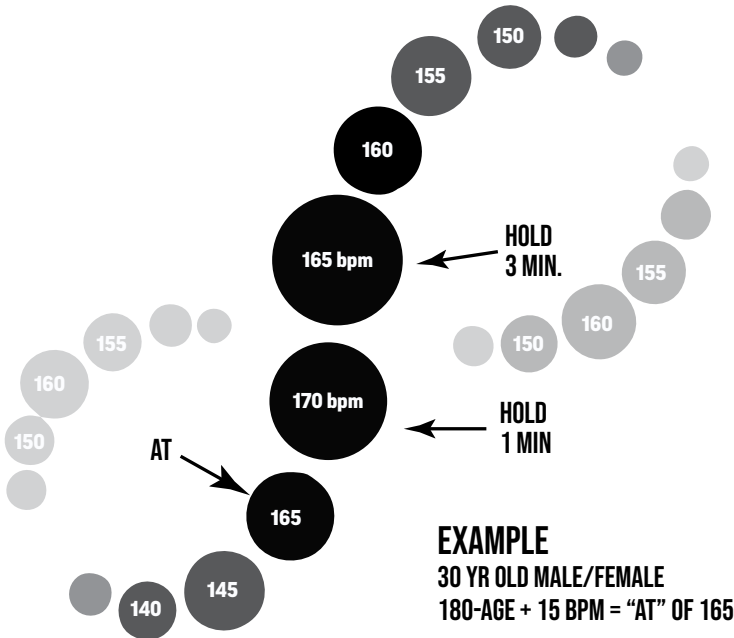
AMRAP WALL BALLS 2 MIN

SANDBAG LUNGES 25 METERS

MOVE TO FLOW CYCLE

FLOW CYCLE - RUNNING ^C

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING THE FLOW CYCLE



5 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, HOLD FOR 1 MIN., ESCALATE TO SECOND TARGET HOLD FOR 3 MIN., REGRESS FOR 3 MINUTES. 12 MIN. TO COMPLETE A CYCLE X 2 ROUNDS = 24 MIN.



WEEK FIVE

WEEK FIVE/ DAY ONE

WOD HYROX - LEVEL 2^A

4 ROUNDS:

SANDBAG LUNGE 25 METERS 50LB/M 40LB/F

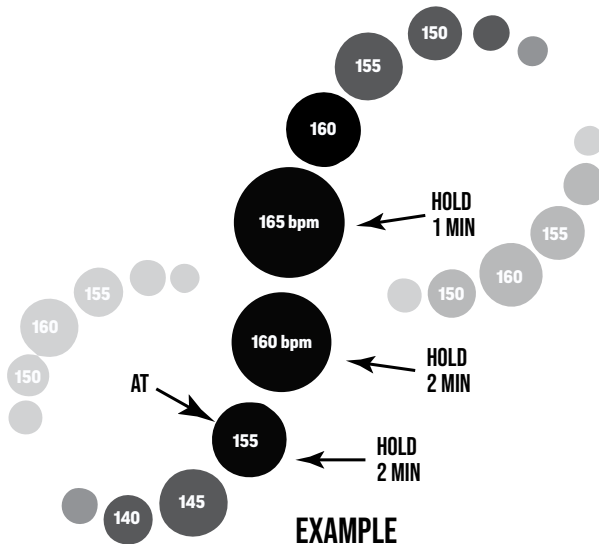
BURPEE BROAD JUMP 25 METERS

AMRAP WALL BALLS 2 MIN

MOVE TO FLOW CYCLE

FLOW CYCLE - SKI ERG²

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING FLOW CYCLE



EXAMPLE

30 YR OLD MALE/FEMALE

180-AGE +5 BPM = "AT" OF 155

2 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, ESCALATE TO SECOND, THIRD TARGET
REGRESS FOR 3 MINUTES. 10 MIN TO COMPLETE A CYCLE X 4 ROUNDS = 40 MIN.
1 MIN RECOVERY BETWEEN ROUNDS

WEEK FIVE / DAY TWO

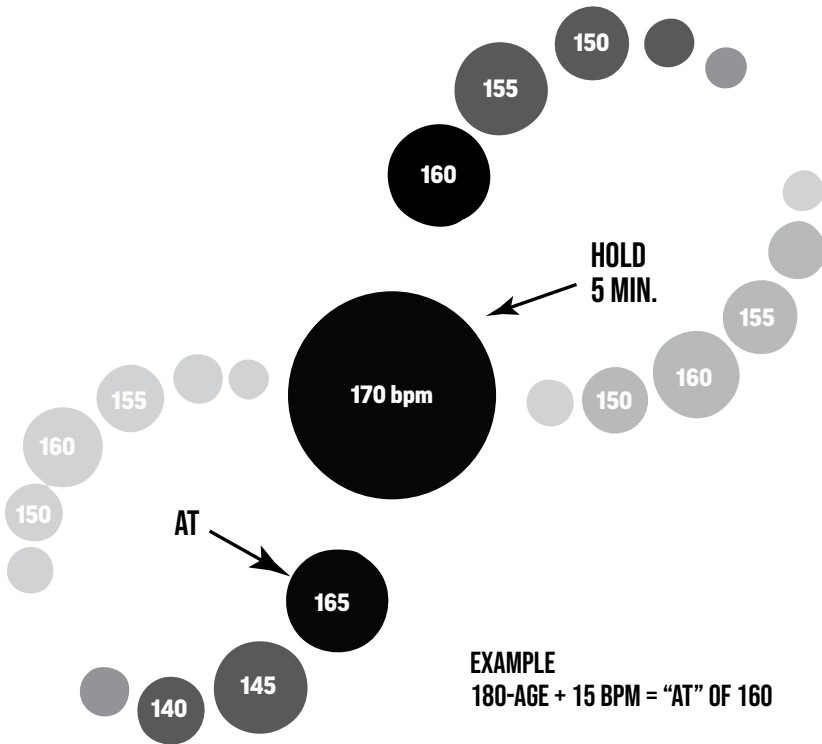
RECOVERY DAY

WEEK FIVE/ DAY THREE

MLSS (MAXIMUM LACTATE STEADY STATE) RUNNING

MALE FORMULA = $180 - \text{AGE} + 15 \text{ BPM} = \text{AT}$

FEMALE FORMULA = $180 - \text{AGE} + 15 \text{ BPM} = \text{AT}$



EXAMPLE
 $180 - \text{AGE} + 15 \text{ BPM} = \text{"AT" OF 160}$

MEN OVER 200 LBS $180 - \text{AGE} + 5$
WOMEN OVER 150 LBS $180 - \text{AGE} + 5$

5 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 5 MIN., REGRESS FOR 5 MINUTES. 15 MIN. TO COMPLETE A CYCLE X 3 ROUNDS = 45 MIN.



WEEK FIVE/ DAY FIVE

HYROX WOD - CHALLENGE 1

SKI ERG 1000 METERS
RUN 1000 METERS
WALL BALLS 100
RUN 1000 METERS
ROW 1000 METERS
RUN 1000 METERS

THIS CHALLENGE LEANS HEAVILY ON YOUR CARDIO CAPABILITIES. USE WHAT YOU LEARNED THUS FAR REGARDING PACING ON EACH EFFORT. YOU WILL SEE THIS CHALLENGE AGAIN.

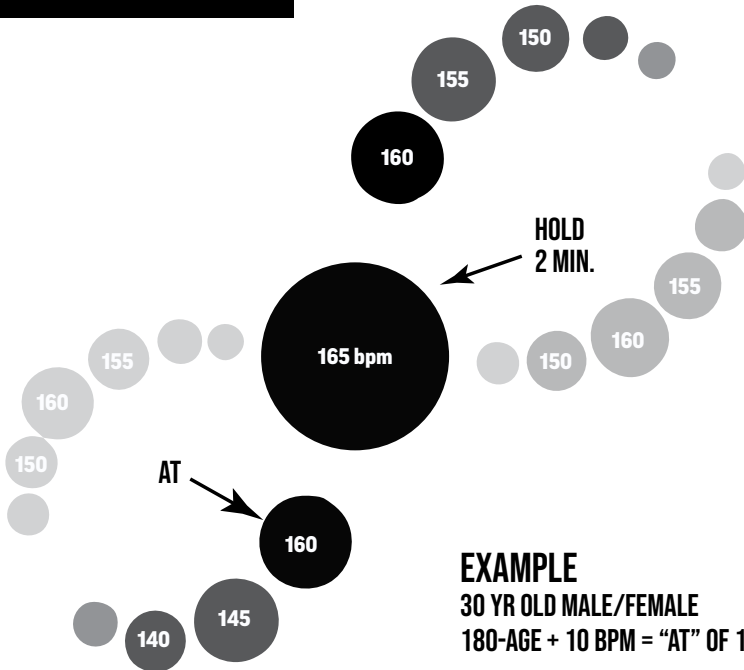
WEEK FIVE / DAY SIX

RECOVERY DAY

WEEK FIVE/ DAY SEVEN

MLSS (MAXIMUM LACTATE STEADY STATE)

ROWING LEVEL 1



EXAMPLE
30 YR OLD MALE/FEMALE
 $180 - \text{AGE} + 10 \text{ BPM} = \text{"AT"} \text{ OF } 160$

5 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 2 MIN, REGRESS FOR 3 MINUTES.
10 MIN TO COMPLETE CYCLE X 6 ROUNDS = 60 MIN.
RECOVER FOR 2 MIN BETWEEN ROUNDS



WEEK SIX / DAY ONE

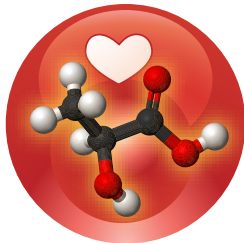
WOD HYROX AEROBIC TIME TRIAL



BEGIN WITH AN EASY WARM UP, STRETCH AND AS YOU BEGIN RUNNING, GRADUALLY BRING YOURSELF TO YOUR AEROBIC HEART RATE (180-AGE). ONCE ACHIEVED, BEGIN TIMING THE RUN FOR 5K (3.1 MILES), KEEP YOUR HEART RATE AS NEAR YOUR TARGET HEART RATE AS POSSIBLE.

THIS TRIAL PROVIDES A GREAT SNAP SHOT OF YOUR PROGRESS. EVEN THOUGH IT MAY SEEM AS INCREDIBLY SIMPLE, SLOW PACE. WITH TIME YOU WILL NOTICE THAT THE TIME TO ACCOMPLISH THIS TRIAL WILL IMPROVE EVEN THOUGH THE COST HAS NOT INCREASED.

WOD HYROX ANAEROBIC TIME TRIAL



ANAEROBIC 1K TIME TRIAL. NEEDLESS TO SAY, THIS IS A CRITICAL TRIAL IN THAT IT IS THE DISTANCE YOU INTEND TO RACE AS MANY AS 8 CONSECUTIVE TIMES IN COMPETITION. RATHER THAN RED LINING FOR THE ENTIRE DISTANCE, USE THIS EQUATION: $180 - \text{AGE} + 15$. YOU MAY NOT BE ABLE TO HOLD THIS INTENSITY FOR THE ENTIRE DISTANCE, REGARDLESS IT WILL BE A GREAT LESSON. LEARN FROM IT. NEXT RACE YOU WILL HAVE A MUCH BETTER HANDLE ON YOUR PACING STRATEGY.

WEEK SIX/ DAY TWO

HYROX WOD - LEVEL 1^C

4 ROUNDS

DOUBLE UNDER'S 1 MINUTE

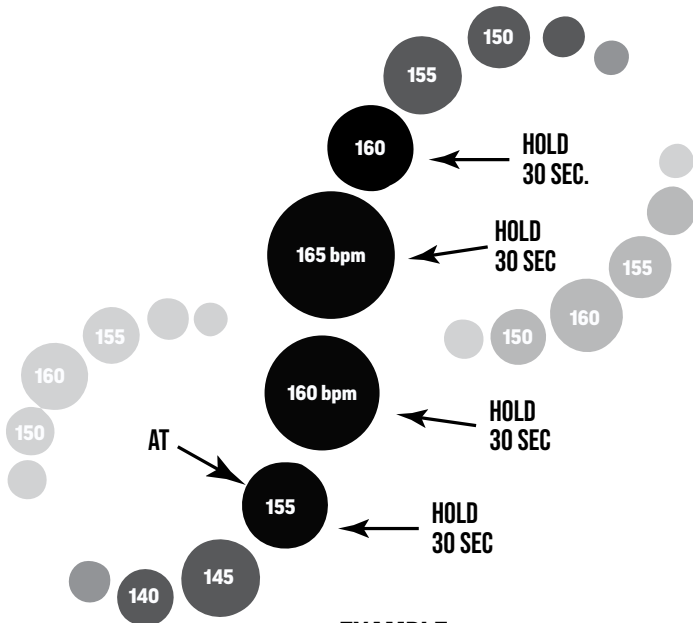
SLED PULL / PUSH 25 METERS EA.

SANDBAG LUNGES 100 METERS (M-50LB F-40LB)

WALL BALLS X 25 (M-20LB F-14LB)

FLOW CYCLE - SKI ERG¹

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING FLOW CYCLE



EXAMPLE

30 YR OLD MALE/FEMALE

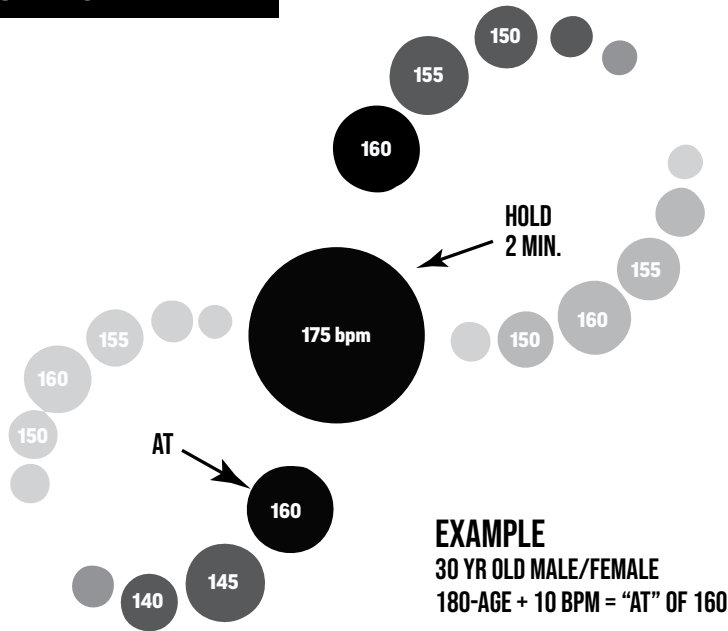
$180 - \text{AGE} + 5 \text{ BPM} = \text{"AT"} \text{ OF } 155$

2 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, ESCALATE TO SECOND, THIRD TARGET REGRESS FOR 2 MINUTES. 6 MIN TO COMPLETE A CYCLE X 4 ROUNDS = 24 MIN.

WEEK SIX/ DAY FIVE

MLSS (MAXIMUM LACTATE STEADY STATE)

ROWING LEVEL 1



5 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 2 MIN, REGRESS FOR 3 MINUTES. 10 MIN TO COMPLETE CYCLE X 2 ROUNDS = 20 MIN.
MOVE TO WOD AFTER EACH ROUND

WOD HYROX - LEVEL 2^B

2 ROUNDS:

KETTLEBELL FARMER CARRY 25 METERS @ 80LB M / 50LB F

BURPEE BROADJUMP 25 METERS

AMRAP WALL BALLS 2 MIN

SANDBAG LUNGES 25 METERS

WEEK SIX/ DAY SIX

AT-PT (ANAEROBIC PERFORMANCE TRIAL)

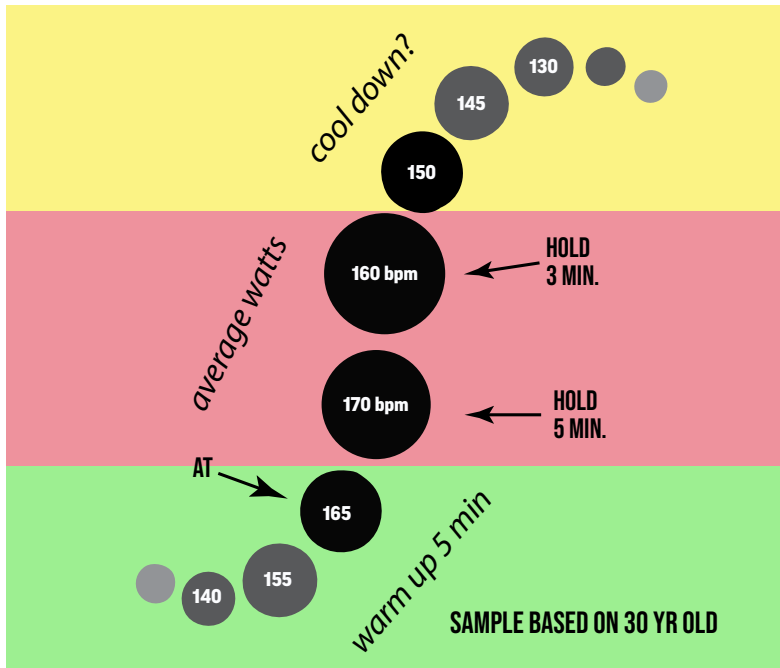
1. WARM UP FOR 5 MINUTES, PROGRESSING TO AT HEART RATE
2. PROGRESS TO THE PEAK TARGET AND HOLD HR/PACE FOR 5 MIN
3. REGRESS TO AT HR/PACE, KEEP NOTE OF AVERAGE POWER IN WATTS
4. RECOVER, HOW LONG DOES IT TAKE TO RECOVER TO 130 BPM?

Tip: Do not attempt this trial if you're ill prepared, such as, after a hard workout, poor sleep or overly sore.

FLOW CYCLE - AT PT

MALE FORMULA= $180 - \text{AGE} + 15 \text{ BPM} = \text{AT}$

FEMALE FORMULA= $180 - \text{AGE} + 15 \text{ BPM} = \text{AT}$



CHOOSE THE SAME EXERCISE DEVICE AS YOUR PREVIOUS AT PT. DO NOT ALTER THE PREDICTED EQUATIONS. BECAUSE THIS TRIAL IS BUILT ON COMPARATIVE ANALYSIS, YOUR RESULTS ARE BASED ON FAIR COMPARISON.

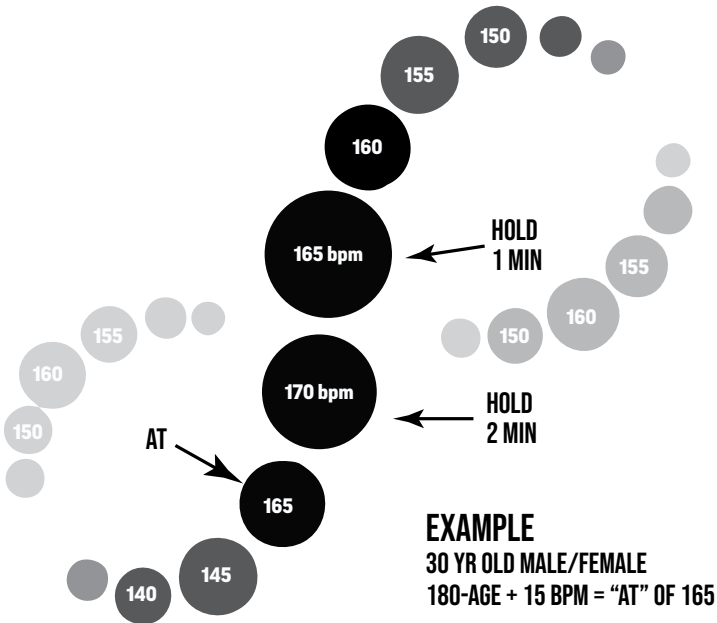
WEEK SIX/ DAY SEVEN

WOD HYROX - LEVEL 2^B

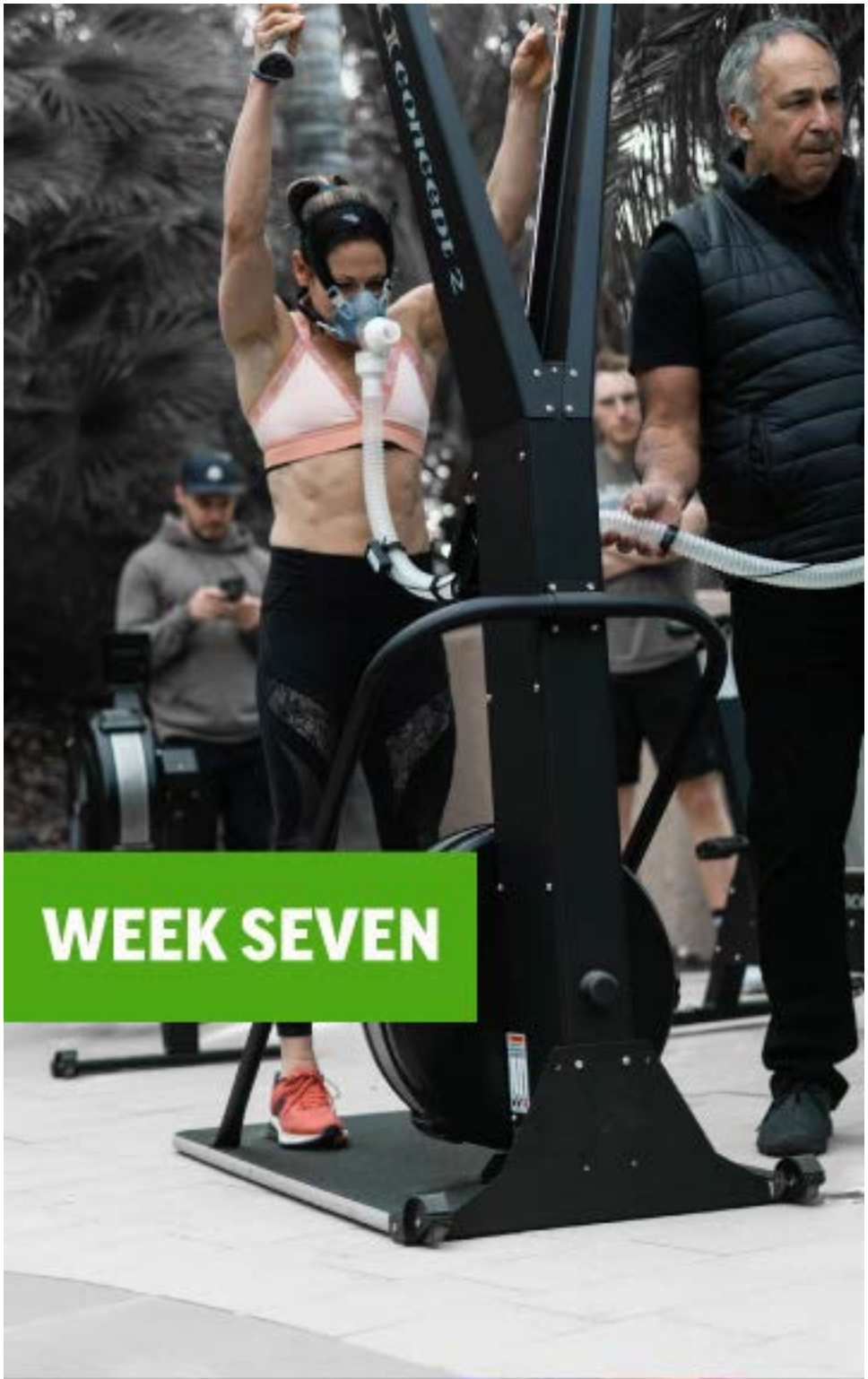
- 3 ROUNDS:
- AMRAP BURPEE PUSH UPS 2 MIN
- AMRAP WALL BALLS 2 MIN
- SANDBAG LUNGES 100 METERS
- MOVE TO FLOW CYCLE

FLOW CYCLE - RUNNING ^D

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING THE FLOW CYCLE



5 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, HOLD FOR 2 MIN., ESCALATE TO SECOND TARGET HOLD FOR 1 MIN., REGRESS FOR 2 MINUTES. 10 MIN. TO COMPLETE A CYCLE X 3 ROUNDS = 30 MIN.



WEEK SEVEN

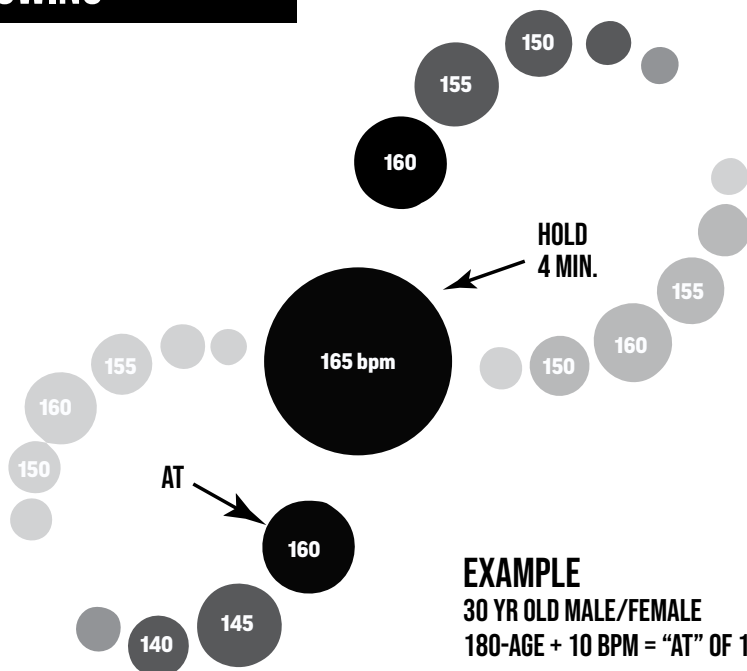
WEEK SEVEN / DAY ONE

RECOVERY DAY

WEEK SEVEN / DAY TWO

MLSS (MAXIMUM LACTATE STEADY STATE)

ROWING LEVEL 3



4 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 4 MIN, REGRESS FOR 2 MINUTES.
10 MIN TO COMPLETE CYCLE X 6 ROUNDS = 60 MIN.
RECOVER FOR 2 MIN BETWEEN ROUNDS



WEEK SEVEN/ DAY THREE

HYROX WOD - CHALLENGE TWO

RUN 1000 METERS

BURPEE BROADJUMP 80 METERS

RUN 1000 METERS

SLED PUSH / SLED PULL 2X25 METERS*

RUN 1000 METERS

KETTLEBELL FARMER CARRY 200 METERS*

RUN 1000 METERS

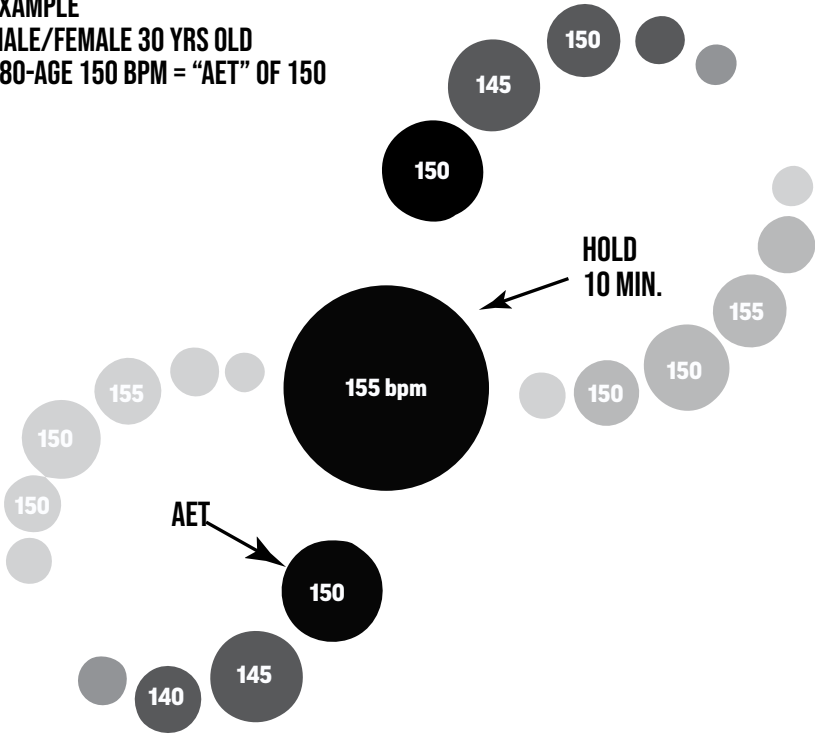
*** USE WEIGHT CALLED FOR IN COMPETITION**

WEEK SEVEN/ DAY SIX

ARR (AEROBIC RECOVERY RUN) RUNNING

AET = AEROBIC THRESHOLD

EXAMPLE
MALE/FEMALE 30 YRS OLD
180-AGE 150 BPM = "AET" OF 150



MEN OVER 200 LBS 180-AGE - 5
WOMEN OVER 150 LBS 180-AGE - 5

5 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 10 MIN., REGRESS FOR 5 MINUTES.
20 MIN. TO COMPLETE A CYCLE X 3 ROUNDS = 60 MIN.

WEEK SEVEN/ DAY SEVEN

WOD HYROX - LEVEL 2^B

2 ROUNDS:

KETTLEBELL FARMER CARRY 25 METERS @ 80LB M / 50LB F

BURPEE BROADJUMP 25 METERS

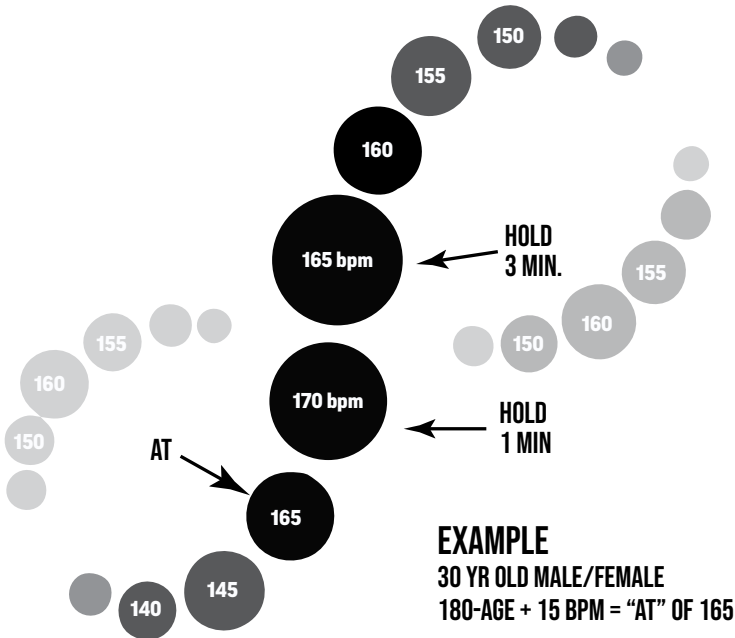
AMRAP WALL BALLS 2 MIN

SANDBAG LUNGES 25 METERS

MOVE TO FLOW CYCLE

FLOW CYCLE - RUNNING^C

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING THE FLOW CYCLE



5 MINUTE PROGRESSION TO ACHIEVE FIRST TARGET, HOLD FOR 1 MIN., ESCALATE TO SECOND TARGET HOLD FOR 3 MIN., REGRESS FOR 3 MINUTES. 12 MIN. TO COMPLETE A CYCLE X 2 ROUNDS = 24 MIN.

A woman with a muscular physique is shown outdoors, wearing a white and pink sports bra and black leggings. She is standing next to a dark-colored gym machine, with her right hand on her head and her left hand on her hip. The background features palm trees and other tropical foliage. A blue banner with the text "WEEK EIGHT" is overlaid on the right side of the image.

WEEK EIGHT

THIS IS THE FINAL WEEK!

So, this is it, the final week, stick it out until the finish! There will be some trials this week for you to measure your progress. Be sure to get ample rest, feed intelligently and let's finish up!

I don't need to tell you that some of these workouts were intense but realize none of them called on you to complete all of the events as they will be in front of you if you decide to compete. If you simply took this journey with us to see if you could handle it, my hat is off to you! If you were able to put in 80% of the workouts as written, by now, you are in incredible shape. This was not an easy ride, if you found yourself second guessing the workloads, you were not likely alone.

This would be a good time to recognize these fine warriors that allowed me to put them to task under the mask for pretty much an entire day. Most people who have had a VO2max test will tell you, its no picnic. Having to do it over and over again on a variety of exercise equipment is a monumental undertaking. By doing so, we are now able to better advise athletes on the cost of their undertakings. Pioneers for sure! *Jen Ryan, Eric Carmody and Jack Miller*, you have my undying gratitude and respect.

I hope you enjoyed the challenge as much as I did creating it for you. Be sure to visit my site often to see what other madness I have cooked up. I am by no means done coaching and as long as there are athletes willing to follow, I will do my best to lead them to victory!

~ Richard Diaz
Founder- diaz human performance IIC.

WEEK EIGHT / DAY ONE

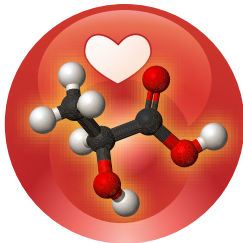
WOD HYROX AEROBIC TIME TRIAL



BEGIN WITH AN EASY WARM UP, STRETCH AND AS YOU BEGIN RUNNING, GRADUALLY BRING YOURSELF TO YOUR AEROBIC HEART RATE (180-AGE). ONCE ACHIEVED, BEGIN TIMING THE RUN FOR 5K (3.1 MILES), KEEP YOUR HEART RATE AS NEAR YOUR TARGET HEART RATE AS POSSIBLE.

THIS TRIAL PROVIDES A GREAT SNAPSHOT OF YOUR PROGRESS. EVEN THOUGH IT MAY SEEM AS INCREDIBLY SIMPLE, SLOW PACE. WITH TIME YOU WILL NOTICE THAT THE TIME TO ACCOMPLISH THIS TRIAL WILL IMPROVE EVEN THOUGH THE COST HAS NOT INCREASED.

WOD HYROX ANAEROBIC TIME TRIAL



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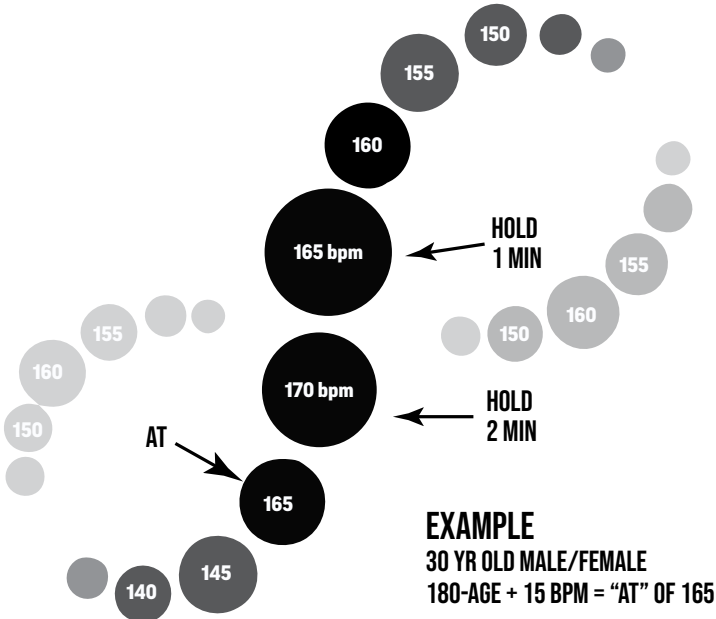
WEEK EIGHT/ DAY TWO

WOD HYROX - LEVEL 2^B

3 ROUNDS:
KETTLEBELL FARMER CARRY 100 METERS
BURPEE BROAD JUMP 50 METER
WALL BALLS 50
SANDBAG LUNGES 50 METERS
MOVE TO FLOW CYCLE

FLOW CYCLE - RUNNING ^D

TAKE 2 MINUTES RECOVERY OR HEART RATE REDUCED TO 120 BPM BEFORE BEGINNING THE FLOW CYCLE



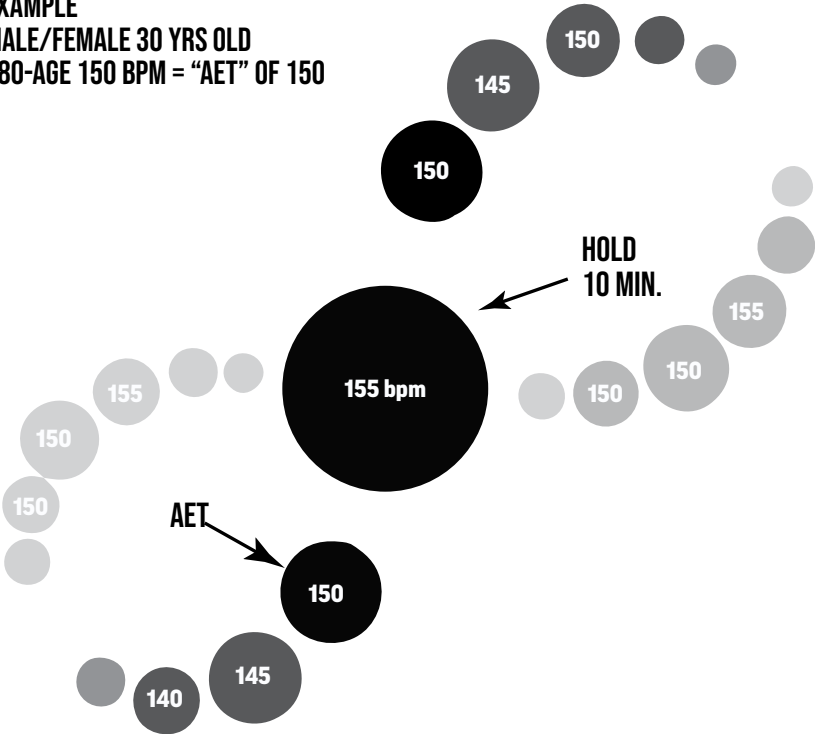
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WEEK EIGHT/ DAY THREE

ARR (AEROBIC RECOVERY RUN) RUNNING

AET = AEROBIC THRESHOLD

EXAMPLE
MALE/FEMALE 30 YRS OLD
180-AGE 150 BPM = "AET" OF 150



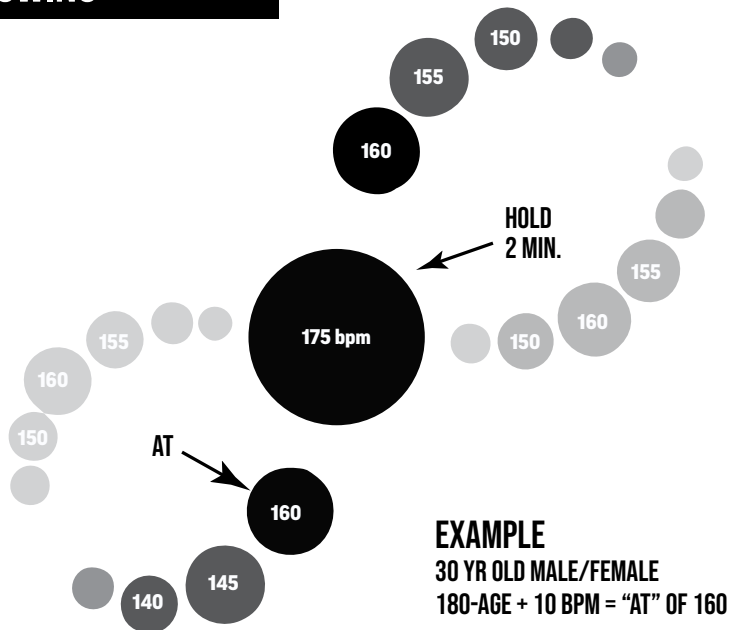
MEN OVER 200 LBS 180-AGE - 5
WOMEN OVER 150 LBS 180-AGE - 5

5 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 10 MIN., REGRESS FOR 5 MINUTES.
20 MIN. TO COMPLETE A CYCLE X 3 ROUNDS = 60 MIN.

WEEK EIGHT/ DAY SIX

MLSS (MAXIMUM LACTATE STEADY STATE)

ROWING LEVEL 1



5 MINUTE PROGRESSION TO ACHIEVE PEAK TARGET, HOLD FOR 2 MIN, REGRESS FOR 3 MINUTES. 10 MIN TO COMPLETE CYCLE X 2 ROUNDS = 20 MIN.
MOVE TO WOD AFTER EACH ROUND

WOD HYROX - LEVEL 2^B

2 ROUNDS:

KETTLEBELL FARMER CARRY 25 METERS @ 80LB M / 50LB F

BURPEE BROADJUMP 25 METERS

AMRAP WALL BALLS 2 MIN

SANDBAG LUNGES 25 METERS

WEEK EIGHT/ DAY SEVEN

HYROX WOD - FINAL CHALLENGE

RUN 1000 METERS

BURPEE BROADJUMP 80 METERS

ROW 500 METER

RUN 1000 METERS

SLED PUSH / SLED PULL 2X25 METERS*

RUN 1000 METERS

SKI ERG 500 METER

KETTLEBELL FARMER CARRY 200 METERS*

RUN 1000 METERS

WALL BALL 100 REPS

RUN 1000 METERS

*** USE WEIGHT CALLED FOR IN COMPETITION**

CONGRATULATIONS!



Interested in more training? Here are a few options. Try a 5 Or 10k program or read My Best Race, chock full of great info and training templates! Visit <http://diazhumanperformance.com> to get them now!

