

Hyrox- camp Monte Feliz - 5. juli

5. juli:

Middag og møte

6. juli:

10.00-11.00: WOD box

Running intervals

16:00-17.00 WOD box - machine technique and sled work

7. juli:

10.00-11.00 WOD box : HYROX FOUNDATIONAL STRENGTH & CORE

16.00-17:00 WOD box: HYROX power

8. juli:

08.00-09.00 Zone 2 running

16.00-17:00 WOD box: HYROX mobility & core

9. juli:

10:00-11.00: Half simulation race

16.00-17.00 WOD box : Zone 2 machine work

10. juli:

10:00-11.00 WOD Box : Mobility & erg technique ([t.ex.](#) 2-3 min per station, rotera)

16:00-17:00 WOD box: Individual HYROX EMOM

11. juli:

08:00-09.00: Zone 2 running

16.00-17.00 WOD box: Team of 3 HYROX AMRAP

12. juli:

Hjemreise