

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	6:30 STRENGTH FULL BODY (A)	6:15 SPLIT STRENGTH LOWER BODY	6:30 HYROX BOOTCAMP	6:15 SPLIT STRENGTH UPPER BODY	6:30 STRENGTH FULL BODY (B)	9:30 HYROX BOOTCAMP
						10:30 HYROX SIMULATION
LUNCH	12:00 HYROX BOOTCAMP	12:00 STRENGTH & CONDITIONING FULL BODY (A)		12:00 STRENGTH & CONDITIONING FULL BODY (B)	12:00 HYROX BOOTCAMP	
EVENING	18:30 SPLIT STRENGTH UPPER BODY	18:30 HYROX BOOTCAMP	18:30 SPLIT STRENGTH LOWER BODY	18:30 HYROX BOOTCAMP		
	19:30 HYROX BOOTCAMP	18:30 RUNNING INTERVALS	19:30 HYROX BOOTCAMP	19:30 SPLIT STRENGTH UPPER BODY		

- * HYROX BOTCAMP
- * HYROX SIMULATION

running not mandatory
running mandatory