



Want to test your readiness for your next or first Hyrox?

Suitable for solo, doubles, and relay participants; CLUB 6713's private small format course with its mix of indoor and outdoor stations has everything you need to simulate your race day.

Coached by experienced PT Colin Jamieson and motivated by your supporters and choice of tunes; the 2 hour session will allow for a quick warm up before simulating your race day to:

- try out your race day gear
- test your nutrition plan
- gain an insight into your pacing
- perfect your techniques
- push your limits



Split times will be recorded, and videos of your form can be taken for post-race analysis to find those marginal gains.

For some of the functional exercises the course requires more turns to cover the specified distances than you would experience in a large arena; however, times can still be comparable as there is no large Roxzone to manoeuvre through. We will discuss your preferred options prior to your simulation.

1K RUNS

- Option 1: Treadmill*- set at 2% incline and you regulate the speed to desired pace.
Option 2: Street Circuit- Outdoor paved street loop with natural ascents/descents.

SLED PUSH/PULL

The outdoor sled track is 9m long. With 2m box areas at each end this allows for 5m of sled travel and therefore requires 10x passes to cover the specified distance.

BURPEE BROAD JUMPS

16x passes within the 5m of sled track space.

FARMERS CARRY

- Option 1: 12x completions of "figure of 8" artificial grass course.
Option2: 100m out and back street course.

SANDBAG LUNGES

- Option 1: 20x passes within the 5m sled track space.
Option 2: 50m out and back street course.

INDOORS	1K Treadmill* or	1K Ski	1K Row**			
OUTDOORS	1K Street Course	50m Sled Push/Pull	80m Burpee Broad Jumps	200m Farmers Carry	100m Sandbag Lunges	Wall Balls

*For solo or relay only. Doubles must do Street Course. **Can also be completed outdoors.

£39

[BOOK HERE](#)

Should weather conditions make running the simulation unsuitable, the session can be carried forward to an alternative date or refunded.