

HYROX THE CAMP AT PLAYITAS RESORT

CAMP DAY	0102030405060708							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	ARRIVALS	7:30-9:00AM SLED MASTERCLASS WITH ALEX + 1K RUN INTERVALS WODBOX	7:30-9:00AM ERG MASTERCLASS WITH HUGO + MOUNTAIN RUN WODBOX	8:00AM LIGHTHOUSE RUN 13.6KM PLAZA RAMBLA	7:30-9:00AM HYROX STATIONS WORKSHOP WODBOX	7:30-9:00AM HYROX TRAINING WODBOX	12:00-5:00PM HYROX SIMULATION WODBOX	8:15-9:30AM 5K & 10K RACE PLAZA RAMBLA
		12:00-1:00PM THEORY ATHLETIC DEVELOPMENT BETANCURIA		12:00-1:00PM HYROX RACE STRATEGY & TIPS WITH ALEX DA LUIGI		12:00-1:00PM SWIM WOD OLYMPIC POOL		DEPARTURES
	5:00-6:30PM WELCOME WORKOUT + GIVEAWAYS WODBOX	5:00-6:30PM HYROX TRAINING WODBOX	5:00-6:30PM HYROX TRAINING WODBOX	5:00-6:30PM STRENGTH & PERFORMANCE WITH SALLY WODBOX	5:00PM-6:30PM HYROX TRAINING WODBOX	5:00PM-6:00PM MOBILITY & ATHLETIC STRETCH HYBRID COURT	6:00PM AFTER WORKOUT DA LUIGI	
		WHITE NIGHT HOTEL RESTAURANT(S)		6:30PM BBQ NIGHT LA BODEGA		9:00PM TROPICAL PARTY PALAPA BAR		

QUESTIONS, CONTACT HUGO ON WHATSAPP
+46 72 421 14 05



play
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TRAINING CAMP PARTNERS
FUELED BY
Vitargo®

EQUIPPED BY
LSXD