

HYROX TENERIFE

RACE PREPARATION CAMP

CAMP DAY

	01	02	03	04	05	06	07	08
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ARRIVALS		HYROX TRAINING WODBOX	SKI/ROW-ERG TRAINING WODBOX	OPTIONAL THE LIGHTHOUSE RUN 13KM PLAZA RAMBLA	HYROX RACE PACING SESSION WODBOX	RECOVERY RUN PLAZA RAMBLA	HYROX TENERIFE NOT INCLUDED	HYROX TENERIFE NOT INCLUDED
		THEORY RACE WEEK PERFORMANCE CONFERENCE ROOM	HYROX MINI SIMULATION SINGLES/DOUBLES WODBOX	HYROX STRATEGY & FUELING DA LUIGI		ICE BATH & TREATMENTS WELLNESS CENTER		
WELCOME MEET + GIVEAWAYS DA LUIGI		SLED WORKSHOP WODBOX			LUNGES/ FARMERS CARRY WORKSHOP WODBOX	STRETCH & MOBILITY YOGA SHALA	RACE TALK Q&A DA LUIGI	
		PLAYITAS OFFICIAL HYROX TRAINING WODBOX	WALL BALLS/BJJ WORKSHOP WODBOX	PLAYITAS OFFICIAL HYROX TRAINING WODBOX	AEROBIC RECOVERY WORKOUT WODBOX	OPEN WODBOX WODBOX		
06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM	06:00-20:00 OPEN GYM		
		THEME NIGHT HOTEL RESTAURANT & PALAPA BAR			THEME NIGHT HOTEL RESTAURANT & PALAPA BAR			