

THE HYROX CAMP

PREP	LEARN	DEVELOP	PUSH	CHALLENGE	PRIME	PROVE	RECOVER
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ARRIVALS	8:30-11:00AM RUNNING TRACK LAB + INTERVALS HOTEL ENTRANCE	7:00-9:00AM ERG MASTERCLASS + MOUNTAIN HIKE WODBOX	8:00AM LIGHTHOUSE RUN 13KM PLAZA RAMBLA	7:30-9:00AM SLED WORKSHOP + TRAINING WODBOX	8:00-9:00AM TEAM ERG RELAY CHAMPIONSHIPS WODBOX	8:00-09:00AM YOGA FOR ATHELTES YOGA SHALA	DEPARTURES
	11:00-12:00PM ATHLETE DEVELOPMENT CONFERENCE ROOM		12:00-1:00PM RACE INTELLIGENCE & ELITE TIPS CONFERENCE ROOM	12:00-1:00PM SWIM WORKOUT OLYMPIC POOL	12:00-1:00PM ICE BATH + RECOVERY WELLNESS CENTRE	12:00-5:00PM HYROX SIM RACE DOUBLES/SINGLES WODBOX	
5:00-6:00PM CAMP ORIENTATION + ATHLETE PACKS PLAZA RAMBLA	5:00-6:00PM PLAYITAS OFFICIAL HYROX TRAINING WODBOX	4:00-6:00PM RACE SKILLS + HYROX WORKOUT WODBOX	5:00-6:00PM PLAYITAS OFFICIAL HYROX TRAINING WODBOX	4:30-6:00PM COMPROMISED RACING LAB WODBOX	4:00-5:00PM PLAYITAS OFFICIAL HYROX TRAINING WODBOX	6:00PM AFTER WORKOUT DA LUIGI	