

Box.

THE ULTIMATE HYBRID & HYROX ATHLETE'S BUNDLE

Box Nutrition and Performance

By Jack Braniff-Ellis MSc



Intro

Welcome to the Hybrid and HYROX Training Bundle! We're excited to help you start your journey towards achieving peak physical performance.

This bundle is packed with resources that will help you train more effectively, understand your body better, and build a solid foundation for your HYROX and hybrid training.

But before you dive in, here are a few key steps to help you get the most out of this bundle:

Step 1: Join the New Community Group

Our community is a supportive group of athletes just like you. Joining the group will allow you to connect with others, share your experiences, ask questions and help start your Hybrid journey.

Step 2: Explore the Tools and Resources

The bundle includes various tools like the Heart Rate Zones Calculator and Macro Calculator. Make sure to explore these and apply them in your training.

Step 3: Review the Guides

The Running Playbook and Supplement Guide contain valuable information that can help you optimise your training and recovery. Take the time to read through these guides and incorporate the strategies into your routine.

Step 4: Try Out the Workouts

We've included some HYROX-specific conditioning workouts in the bundle. Give them a go and start experiencing the benefits of specialised HYROX training.

Step 5: Consider Metabolic Testing

For those serious about optimising performance, consider scheduling metabolic testing. This comprehensive assessment provides a detailed look at how your body uses energy, which allows us to tailor your training and nutrition plans to your unique physiology.

Ready to start? We're excited to see where this journey will take you! Let's get started.

Section 1: Free Hybrid Training Plans (5K, 10K, and Half Marathon)

As a hybrid athlete, you're all about balance, and that's exactly what these plans provide. I've meticulously crafted these training schedules to ensure that you're not just working hard, but working smart too.

Whether you're gearing up for a 5K, 10K, or a Half Marathon, there's a plan tailored for you. Each one has been designed with the unique challenges of hybrid training in mind, so you'll get the perfect balance of endurance and strength training.

How to use these plans:

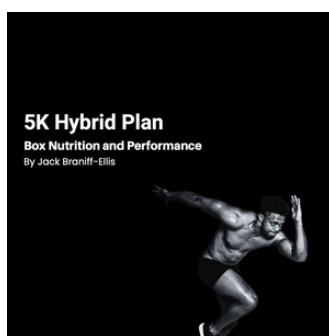
Choose your plan based on your upcoming event or current training focus.

Follow the schedule as closely as possible, adjusting as needed to suit your lifestyle and recovery needs.

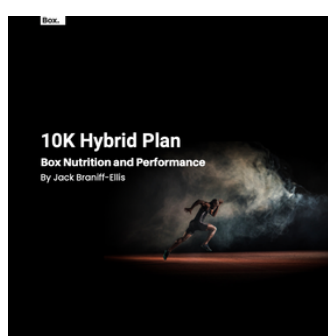
Remember that these plans are a starting point and may need to be tailored to your individual needs. If you feel you're not recovering well or are struggling to complete workouts, it might be time to reassess and modify the plan.

Remember, the key to effective hybrid training is consistency and balance. Stick to the plan, and you'll be amazed at the progress you can make. Ready to get started?

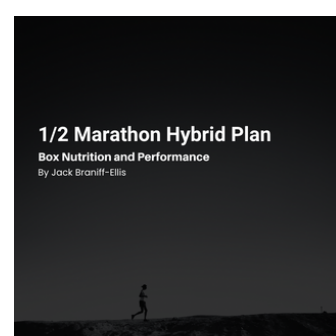
Download your chosen plan below!



5K Hybrid Plan
Box Nutrition and Performance
By Jack Braniff-Ellis



10K Hybrid Plan
Box Nutrition and Performance
By Jack Braniff-Ellis



1/2 Marathon Hybrid Plan
Box Nutrition and Performance
By Jack Braniff-Ellis

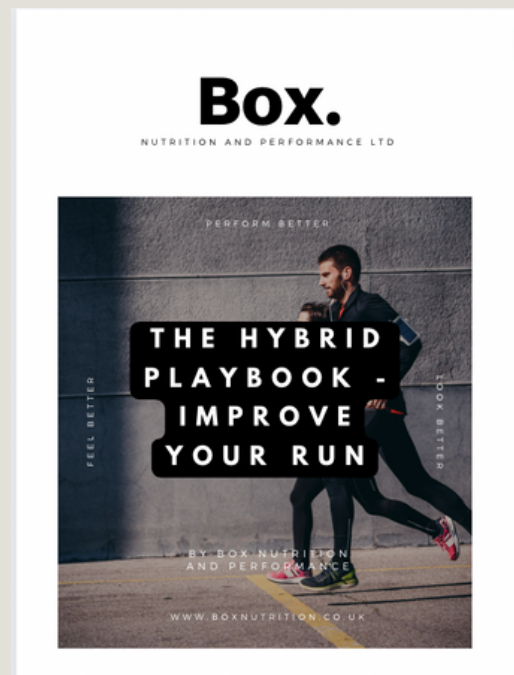
2. The Hybrid Runners Playbook

Running is a fundamental aspect of any Hybrid or Hyrox athlete's training regimen. Understanding how to maximise your running performance can significantly improve your overall results and make you a more effective athlete. That's where the Runner's Playbook comes in. It's a comprehensive guide designed to enhance your running abilities, providing insights on what makes a good runner, the application of heart rate zone training, and the execution of specific sessions to improve your aerobic, anaerobic threshold, and VO2Max.

Inside, you'll find:

- **Essential Characteristics of Successful Runners:** Understand the traits that distinguish successful Hybrid and Hyrox athletes and how to incorporate these characteristics into your own running.
- **Heart Rate Training Zones Explained:** Learn to apply heart rate training zones in your regimen to optimise your running performance, prevent overtraining, and better understand your body's responses to different intensities.
- **Training Sessions to Boost your Aerobic Capacity, Anaerobic Threshold, and VO2Max:** Discover step-by-step session plans designed to target different aspects of your running fitness, making you a more well-rounded Hybrid or Hyrox athlete

The Runner's Playbook isn't just for runners. It's for any Hybrid or Hyrox athlete eager to revolutionise their run and optimise their performance. Ready to take your running to the next level? **[Download the Runner's Playbook by clicking here!](#)**





Heart Rate Training Zone

Threshold Heart Rate :

171

Maximum Heart Rate :

200

Your Heart Rate Training Zones

Zone		Heart Rate (bpm)		Feel (RPE)
Zone 1	Recovery	0	144	1-2
Zone 2	Endurance	145	152	3-4
Zone 3	Tempo	154	161	5-6
Zone 4	Threshold	162	178	7-8
Zone 5	VO2Max	180	200	9-10

3: Heart Rate Zones Calculator

Every athlete is unique, and understanding your individual physiology is key to optimising your training and performance. The Heart Rate Zones Calculator is designed to help Hybrid and Hyrox athletes do exactly that.

This invaluable tool will enable you to:

- **Determine Your Personal Heart Rate Zones:** By inputting your resting heart rate and maximum heart rate, the calculator will determine your specific heart rate zones. These zones can be used to guide your training intensity, ensuring you're working at the right level to achieve your goals.
- **Tailor Your Training:** With your personalised heart rate zones, you can better tailor your workouts to fit your current fitness level and goals. This means more effective workouts and a more efficient path to improved performance.
- **Monitor Progress:** Over time, as your fitness improves, so will your heart rate zones. Regular use of the Heart Rate Zones Calculator allows you to track these changes and adjust your training accordingly.

Don't leave your training to guesswork. Get precise with the Heart Rate Zones Calculator and start training smarter today!

[Click here to access your heart rate training zones calculator](#)



4: HYROX-SPECIFIC CONDITIONING WORKOUTS

Hyrox events are challenging; they demand not only running endurance, but also strength, power, and stamina. That's why we've included a collection of Hyrox-specific conditioning workouts in this bundle. These workouts have been carefully designed to mirror the demands of a Hyrox event, preparing your body for the unique challenges it will face.

With these Hyrox-specific workouts, you can expect to:

- **Increase Event-Specific Fitness:** These workouts aren't your average gym routines. They are specially designed to mimic the demands of Hyrox events, helping you build the specific fitness you need to excel.
- **Improve Strength and Endurance:** These workouts blend strength and endurance training in a way that's tailored for Hyrox athletes. You'll not only build muscle, but also the stamina to keep you going through even the most gruelling events.
- **Boost Confidence:** There's nothing like the feeling of knowing you're truly prepared for an event. With these workouts, you'll step up to the start line of your next Hyrox event with confidence.

Ready to take your Hyrox training to the next level?

[Download these Hyrox-specific workouts now!](https://www.boxnutrition.co.uk/hybrid)



5: MACRO CALCULATOR TOOL

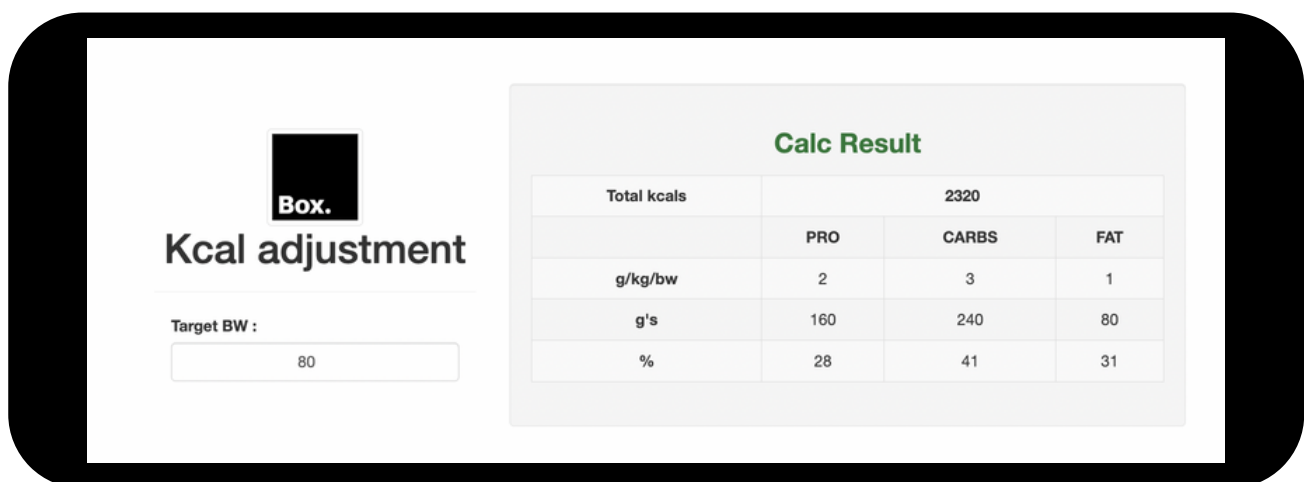
We all know that nutrition plays a vital role in our performance and recovery. That's why we're including access to a macro calculator tool. This isn't a one-size-fits-all calculator, but a tool designed with the needs of hybrid and Hyrox athletes in mind.

The Macro Calculator Tool offers:

Individualised Macronutrient Breakdown: No two athletes are the same, so why should their diets be? This calculator takes into account your unique training and body composition needs to provide a personalised macronutrient breakdown.

Optimal Fuel for Performance and Recovery: By getting your macronutrients dialed in, you'll provide your body with the best possible fuel for performance and recovery. More energy for your workouts, less soreness afterward!

Easy Adjustments: Your nutritional needs aren't static. As your training changes, so too should your diet. This tool makes it easy to adjust your macronutrient intake as needed. Remember, this tool is a starting point. For a truly tailored approach, consider getting metabolic testing. But for those who can't, this is the next best thing. Click the image below to give it a try.



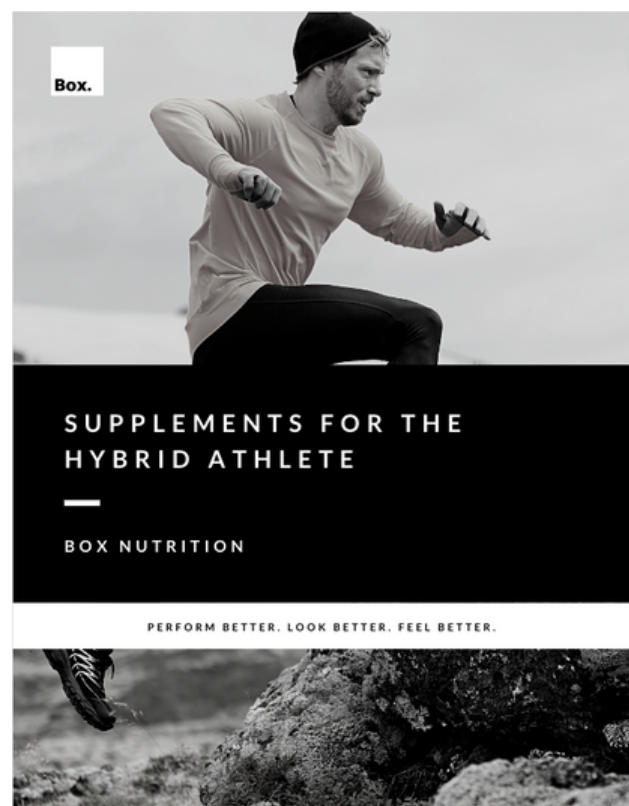
Calc Result			
Total kcals	2320		
	PRO	CARBS	FAT
g/kg/bw	2	3	1
g's	160	240	80
%	28	41	31

6: Supplements For The Hybrid Athlete

Last but definitely not least, we've included a Supplement Guide. Supplements aren't magic, but when used correctly, they can support your training and recovery efforts. That's why we've put together this guide. It's not about promoting products but about providing you with the information you need to make informed decisions about your nutrition.

Our Supplement Guide offers:

- **Evidence-Based Recommendations:** Not all supplements are created equal, and the market is full of products making bold claims. Our guide focuses on supplements that have scientific evidence backing their effectiveness.
- **Dosage and Timing Guidelines:** It's not just what you take, but when and how much. Our guide gives you clear dosage and timing instructions to help you get the most from your supplements.
- **Personalisation Tips:** Your supplement needs can change based on your training volume, goals, and even time of year. We provide tips to help you tailor your supplement strategy to your unique needs.
- **Considerations for Hyrox and Hybrid Athletes:** These athletes have unique nutritional needs. Our guide highlights supplements that are particularly beneficial for endurance and strength performance.



Remember, supplements are a tool to supplement a good diet, not to replace it. So, ensure your nutrition is on point before turning to supplements. Enjoy this guide and let it help you make smarter supplement choices!

Conclusion

In summary, this Hybrid & Hyrox Resource Pack offers a range of tools and information to help you optimise your training and performance. From tailored running and strength plans, to calculators for heart rate zones and macronutrient needs, and even a supplement guide, these resources are designed to support you on your journey towards becoming a stronger, faster, and more efficient Hybrid or Hyrox athlete.

The key takeaways from this pack are:

- The importance of structured, tailored training plans for achieving your running and strength goals.
- The value of understanding and utilising heart rate zones in your training.
- The role that correct nutrition and strategic supplement use play in supporting your performance and recovery.
- The value of specific Hyrox conditioning workouts in preparing you for competition.

We truly hope that you find these resources valuable and that they help you take your training to new heights. Remember, knowledge is power, and the more you understand your training and your body, the more effectively you can work towards your goals.



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www.boxnutrition.co.uk/hybrid

Ready to take your training to the next level?



Don't forget that I offer personalised coaching and metabolic testing services. These are the ultimate tools in the quest for athletic improvement, allowing for highly customised training and nutrition plans based on your unique physiology.

If you're serious about improving your performance, don't hesitate get in touch or head over to www.boxnutrition.co.uk/hybrid. We can discuss your options and determine the best way to help you achieve your goals. Remember, there is no one-size-fits-all in training, and your plan should be as unique as you are.

Let's conquer your goals together!

