



FTX
HYBRID
ATHLETICS

FTX HYROX ONLINE · FREE 4-DAY PREVIEW

FOUR FREE DAYS.
START NOW.

FOUR FREE DAYS OF TRAINING BEFORE YOUR TRIAL EVEN STARTS — THE
PROCESS BEHIND 20 WORLDS QUALIFIERS

WHO WE ARE

THE RECORD BEHIND THE PROCESS

FTX Hybrid Athletics is a Fort Worth, TX gym with one proven process: we take committed people — first-timers to competitors — and develop them into athletes. FTX Hyrox Online puts that exact process in your pocket: the same daily programming our World Championship qualifiers run, posted 7 days a week, coached through the app.

Before you trust your training to anyone, you should know what their process has produced. Here's ours — every number verifiable:

52

PODIUM FINISHES — BY
25 UNIQUE PODIUM
FINISHERS SINCE 2021

20

UNIQUE WORLD
CHAMPIONSHIP
QUALIFIERS ACROSS FIVE
CONSECUTIVE WORLDS

1 in 7

CURRENT ATHLETES ARE
WORLDS QUALIFIERS —
IN A SPORT WHERE
FEWER THAN 1% EVER
QUALIFY



TALON SMITH

OWNER & HEAD COACH · 50 RACES ·
5X WORLDS QUALIFIER

WHAT WE DO

Programming posts daily at 12:01 AM under the HYROX Online track in the app — five workouts, one active recovery day, and one full rest day, every week. You log everything, coaches read everything, and the discussion thread is where the coaching happens. Every athlete on this page started where you are right now: day one.



YOUR 4 FREE DAYS

FOUR DAYS. SEVEN OF OUR NINE COMPONENTS.

Real programming, not a sampler — our ideal week is built from nine training components, and these four days hit seven of them. These four free days come before your trial — when you're ready, your 1-week free trial starts with Assessment Week, the first plan assigned to you in the app.

WORLDS WORK Optional work to help you reach that next level — a race-specific finisher layered onto the day's session, pulled straight from the programming our World Championship qualifiers run.

DAY 1 LONG ZONE 2 RUN

WARM-UP

10-15 min easy build + dynamic mobility + strides

THE WORK

60-min Zone 2 run — RPE 3-4, conversational. This is where the engine is built.

COOL-DOWN

5-min walk, nasal breathing + light stretching

COMPONENTS: **04** LONG ZONE 2 RUN

DAY 2 HYBRID METCON + WORLDS WORK

METCON — 45-MIN EMOM · 9 ROUNDS

0:00 — **Heavy sled pull**

1:00 — **:45 erg**

2:00 — **:45 max burpees**

3:00 — **5 power cleans**

4:00 — Rest

WORLDS WORK — 10 ROUNDS

15-cal assault bike sprint

:30 wall sit

25m sled push, light

COMPONENTS: **02** LOWER STRENGTH

05 VO2 MAX

08 GPP / HIIT

DAY 3 THRESHOLD RUNNING

WARM-UP

Easy jog + running drills + 4 × 20-sec strides

THE WORK

10 × 1k run @ threshold, 1:00 rest — every rep within :10

WORLDS WORK

4 × 1k ski

4:00 rest

COMPONENTS: **03** THRESHOLD RUNNING

09 RUNNING TECHNIQUE

DAY 4 UPPER BODY STRENGTH

STRENGTH

Push press — 10 sets:

6 × 5, 4 × 3, building

ACCESSORY

Hammer curls 5 × 10 / side

OH DB tricep ext 5 × 10

WORLDS WORK — 10 ROUNDS

500m run — 1:00 rest

COMPONENTS: **01** UPPER STRENGTH

01
UPPER BODY
STRENGTH

02
LOWER BODY
STRENGTH

03
THRESHOLD /
COMPROMISED
RUNNING

04
LONG ZONE 2 RUN

05
VO2 MAX WORK

06
FULL REST DAY —
FULL WEEK

07
ACTIVE RECOVERY
— FULL WEEK

08
GPP — HIIT

09
RUNNING
TECHNIQUE

START YOUR 1-WEEK FREE TRIAL

Done with your 4 free days? Join the trial — Assessment Week starts Day 1 in the app.

START FREE TRIAL →

GET THE APP:

DOWNLOAD ON THE APP STORE

▶ GET IT ON GOOGLE PLAY