

# The Hybrid Athlete Training Guide

Train to run AND lift — the functional-fitness-race way

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Hybrid fitness racing (running intervals between functional strength stations) is the fastest-growing format in fitness. This brand-free guide preps you for the demands without burning out.

## Understand the demand

- It's repeated running under fatigue + functional strength: sled push/pull, carries, lunges, wall balls, rowing/ski.
- The killer isn't any one station — it's running well AFTER each one ('compromised running').
- Train both engines: aerobic running base + muscular endurance under load.

## A simple weekly split

- 2x easy/zone-2 runs (conversational) to build the aerobic base.
- 2x strength sessions focused on legs, posterior chain, carries, and lunges.
- 1x 'compromised' session: alternate 1km runs with a functional station (the race simulation).

## Race-day basics

- Pace the early runs — most people blow up by going out too hard.
- Practice the transitions ('roxzone'): moving from station to run costs time and legs.
- Wall balls and the sled break people — drill them specifically in training.

## Insider glossary

**Compromised running** — Running while pre-fatigued from a strength station.

**Zone 2** — Easy aerobic effort you can hold a conversation at.

**Posterior chain** — Glutes, hamstrings, back — key for carries and sleds.

**Muscular endurance** — Sustaining force over many reps, not max strength.

## Starter checklist

- Zone-2 run plan
- 2 strength days/week

- 1 race-sim session
- Practice wall balls + sled
- Dial in pacing

**Run. Lift. Suffer. Repeat. — 'Hybrid Athlete' tee at [l5d0.com/shop/hybrid/](https://l5d0.com/shop/hybrid/)**