

# HYBRID STARTER KIT

From No Running to Race Ready

by Coach Alexa Hoffman  
CPT/Fitness Instructor



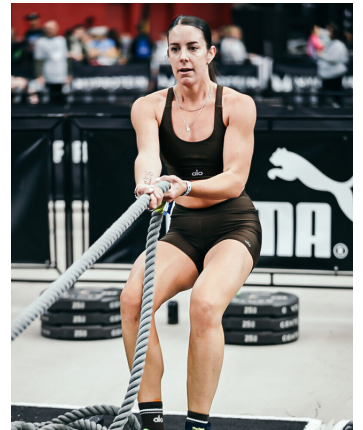
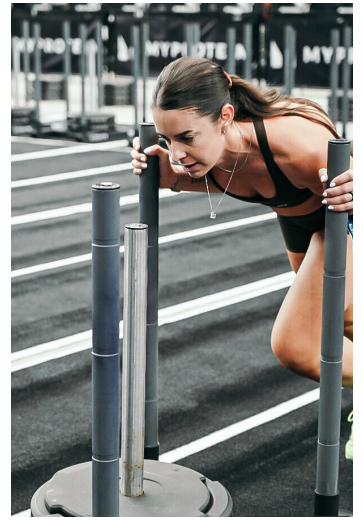
I've trained women for nearly a decade and the same truth always comes up:

Fitness isn't about perfection. It's about consistency. It's not just about aesthetics; it is about feeling confident and strong in both your mind and body.

**My coaching philosophy is simple: realistic plans, compromised running strategies, and zero fluff. Whether you're chasing your first 5K or your first HYROX pro, I'm here to ensure you show up confident, strong, and ready to work.**

I know what it's like to feel like you've lost your 'athlete' identity. That's why I'm obsessed with creating sustainable, high-impact training plans for busy women. From neighborhood loops to the HYROX carpet, I'll teach you how to train smarter, recover better, and finally hit those goals you've been putting off.

Alexa



*The real reward is not a bigger deadlift or a faster mile.*

*The real reward is that you become a better version of yourself.*

*-Brad Stulberg*

# The Big 3 of HYROX training

## Coach's Insight:

If you are new to running or have not run in years, your main focus should be on building your aerobic base.

This means easy runs, walk + run combos and cross-training on the bike or rower as you slowly increase your mileage to prevent injuries.

My 1:1 coaching program allows for customization to perfect a plan unique to you.

**The Engine:** Building your aerobic base (Zone 2 running).

**The Strength:** Functional movements (Sleds, Lunges, Wall Balls).

**The Hybrid:** Learning to run when your legs feel are tired (Compromised Running).

# The Sample Week 1



**Mon:** 30 min Easy Run.

**Tue:** Upper Body Strength Session

**Wed:** 30 min Easy Run.

**Thu:** 400m Intervals x 4 (Speed work).

**Fri:** Lower Body Strength Session.

**Sat:** Compromised Run Workout (Run 1km + 50 Air Squats x 4).

**Sun:** Rest/Walk/Yoga/Mobility.

Coach's Note:

**Motivation gets you started.** A plan keeps you consistent.

Don't let one missed day turn into a lost week.

Reset, refocus, and get back to it.

# The Compromised Running Secret

*Practice the transition. This is where the race is won.*



In HYROX, your legs will feel like "lead" after the sled and lunges. The goal of this workout isn't just fitness; it's **neuromuscular training**. We are teaching your brain to keep running even when your legs are screaming "stop."

**The Protocol:** Complete 4 Rounds of the following as fast as possible (with good form!):

1. **20 Air Squats:** (Slow and controlled—feel the burn).
2. **20 Alternating Lunges:** (Keep your chest up and tap the back knee down).
3. **400m Run:** (Run right out your front door. Aim for your "Race Pace").
4. **90 Seconds Rest:** (Walk it out, breathe, and reset).

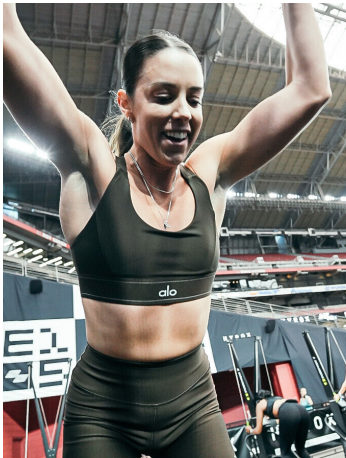
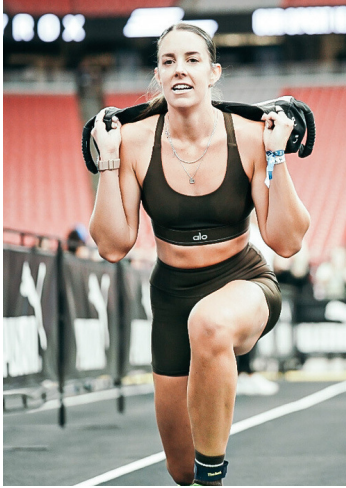
Coach's Tip:

**The "First 100 Meters" Rule:** The first 100m of each run will feel the weirdest. Don't panic. Keep your stride short and your cadence high; your legs will "clear out" by the halfway mark.

**Focus on Breathing:** Use the air squats to catch your breath so you can attack the run.

**Why This Works:** Most people train running and strength separately. By putting them together, you're building the specific stamina needed for HYROX. This is exactly how I program for my private clients to ensure they don't hit a wall on race day.

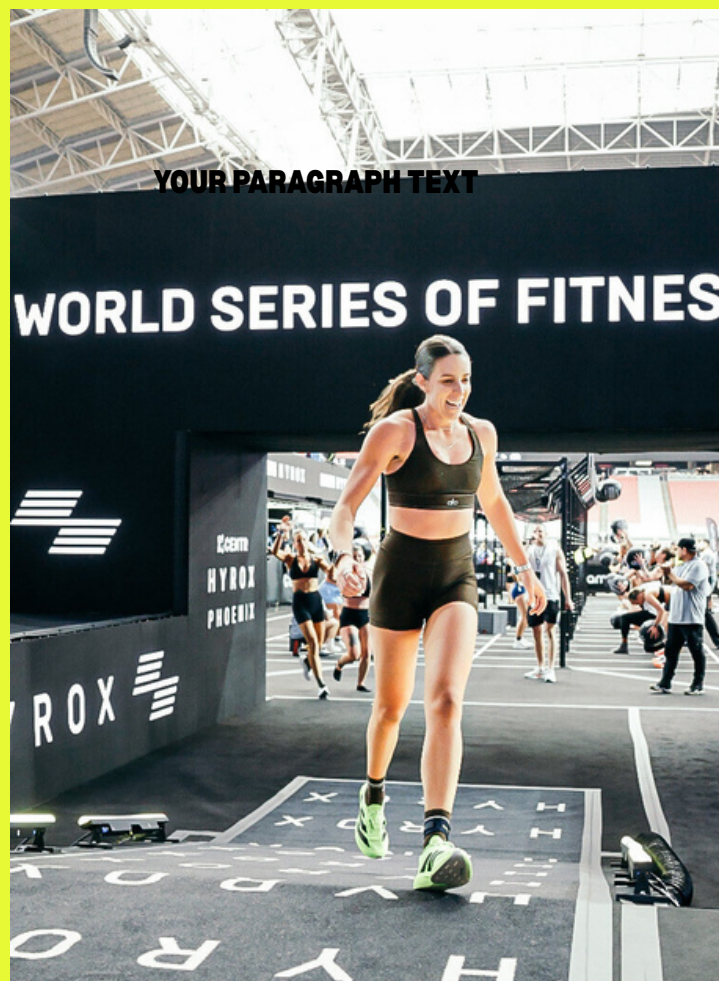
# Gear Checklist



- **Good running shoes.** Focus on a running shoe that is comfortable for you but still has grip for the sleds and other stations! My personal favorites include New Balance Fuel Cell Rebel and Adizero EVO SL (these are not the most grippy for sleds, but I have successfully worn them in a solo open race with no issues)
- **High-quality socks** for all of the running you will be doing.
- **A simple stopwatch or fitness tracker.** I use the Amazfit Balance watch, budget-friendly and does the job!
- Access to a gym with **SkiErg, Rower, Sleds**, etc. ***at least a couple times*** before race day to build confidence.

# READY TO GO FROM STARTER KIT TO FOCUSED TRAINING BLOCK?

I offer 1:1 coaching as well as 12-week training plans to prepare you whether it is your first race, you are chasing a PR or simply want to experience how hybrid training can transform your body and mind.



**[APPLY FOR COACHING HERE.](#)**