



NOW ACCEPTING APPLICATIONS

HYROX Performance Program

A fully customized 1:1 program built to correct movement compensations, optimize mechanics, and give you the best possible shot at your goal HYROX race time — while building strength, resilience, and injury prevention for the long term.

WHAT'S INCLUDED

- 01 Movement & Imbalance Correction**
Address compensations and muscle imbalances holding back performance.
- 02 Corrective Exercise & Prescribed Training**
Targeted programming to optimize mechanics and drive performance gains.
- 03 Running-Specific Implementation**
Gait and mechanics work applied directly to your HYROX running segments.
- 04 Training Plan & Load Monitoring**
A structured plan that tracks and adjusts training load as you progress.
- 05 Personalized At-Home Recovery Plan**
A recovery and exercise program built specifically around your body.

WHAT YOU GET OUT OF IT

An intensive process built to transform your performance — giving you the best shot at your goal HYROX race time, and setting you up for long-term fitness gains, body awareness, strength, resilience, and injury prevention.

WHO IT'S FOR

Athletes training for HYROX Vancouver 2026 who are serious about their race time and want a fully personalized approach — not a generic program.

**APPLICATIONS ARE LIMITED & REVIEWED
ON A ROLLING BASIS**

APPLY NOW

info@healthsciencelab.com

Tell us about your HYROX goals to get started