NamiBlu

MALLORCA
OCTOBER 2026

7-DAY TRAINING PROGRAM

HYROX PREP WEEK

OCT 10 – OCT 17

NAMIBLU BEACH

RECOVERY EQUIPMENT

Hyperice Normatec Premier Hips | Hyperice Normatec Lower Legs | Hyperice Contrast 2 Knee | Therabody Theragun Prime

7-DAY TRAINING PROGRAM

HYROX PREP WEEK

NamiBlu

SATURDAY — ARRIVAL
OCTOBER 10

ARRIVAL
No training today. Arrive, settle in, get some rest.

SUNDAY
OCTOBER 11

TOURISM / BEACH — MORNING
Free time to explore Mallorca or relax at the beach — easy day before the week ramps up.

ACTIVATION RUN — 8:00 PM
Easy activation run to shake off travel and open the legs.
Nothing hard — just get moving.

MONDAY
OCTOBER 12

1-TO-1 TRAINING — 9:00 - 10:00 AM
Individual session focused on technique and transitions.

SUNSET — SHORT INTERVALS — 8:00 PM
Short intervals at Sunset—sharpening speed, low volume.

TUESDAY
OCTOBER 13

BEACH CONDITIONING — 9:00 - 10:00 AM
Speed & transition circuit at NamiBlu Beach — solo or small group.

DANCE THERAPY — 18:30 - 19:30 AM

WEDNESDAY
OCTOBER 14

1-TO-1 TRAINING — 9:00 - 10:00 AM
Individual session,building on Monday's work.

SUNSET — LONG INTERVALS — 8:00 PM
Longer intervals at Sunset — more volume as the week builds toward the simulation.

THURSDAY
OCTOBER 15

ACTIVE RECOVERY — 9:00 - 10:00 AM
Easy movement and mobility at the beach legs need this before Friday's peak effort.

YOGA — 18:30 - 19:45 PM

FRIDAY
OCTOBER 16

SIMULATION — 8:00 AM
Full mock event at Nami Blu Beach — the week's peak effort, pulling together everything trained so far.

SATURDAY — DEPARTURE
OCTOBER 17

DEPARTURE
Travel home. No training.

FREE TIME
During free time you have access to inflatable kayak or paddle board.