

IRON HAVEN PROGRAM COMPARISONS

	CROSSFIT	HYROX	STRENGTH
What is the goal?	Train constantly varied, high intensity, functional movement. The goal is to increase work capacity across different time and modal domains. Routine is the enemy!	Train conditioning and functional movements for every body.	Train movements to enhance strength, speed, and power using weightlifting, powerlifting, strongman and bodybuilding methods.
This class is for you if...	You like it all...conditioning, gymnastics, strength, mobility, and more! You enjoy keeping things constantly varied and unexpected. You like training for the "unknown" and like to continuously conquer new feats or the next level of skills. Variety fosters well-rounded athleticism and general physical preparedness while avoiding developing imbalance and weakness.	You like the feeling of constantly moving and getting a sweat. You want to feel conditioned but also strong for everyday movements. You like consistency/rituals and want to know what to expect with each workout since the movement patterns directly correlate with HYROX stations.	You want to be stronger, period. You want to improve technical skill, build muscle and retain or increase bone density. You get thrilled by being able to lift something you couldn't before. You like intense work efforts and want to supplement your current aerobic training with specific strength work.
What levels do you provide?	Up to 7-8 Levels using the Level Method MAP	3 Levels: Foundations, Open & Pro (with weight variations as needed based on strength level)	No specific levels, but weights and movement variations will be customized based on athlete's strength and experience. All lifting is "by feel" and auto-regulated.
How many times a week should I train?	Ideally 4-5+ times per week in order to get the variety and see significant results since the programming has more variation day-to-day. This allows getting exposure to all the different elements of athleticism and general physical preparedness.	If you are active other days of the week, 3x can suffice. The program can include 5-6x per week of rotating workout stimulus.	Basic level: 2-3x per week. Sport level (for a competition) as often as 4-5x per week, which we can provide supplemental training for or suggest adding strength-specific CrossFit or HYROX classes.
What official competitions can this programming prepare me for?	CrossFit Open and qualification periods for CrossFit Games held globally at affiliate gyms. Independently hosted CrossFit Competitions that are local or regional. Programmed workouts will usually differ between competitions. Unofficially, most physical preparedness testing and physical tasks will see improved performance using the CrossFit method (original intention of CrossFit training).	HYROX RACE (The same exact format no matter where you go) held globally. US-based ones are currently once every couple of months at a rotating major city. HYROX PFT - The official benchmark workout of the sport of HYROX Physical Preparedness testing and physical task performance improvements, especially those with aerobic/endurance based testing.	USA Weightlifting Meets, Powerlifting Meets, Strongman, or similar Strength-focused competitions. Physical Preparedness testing and physical task performance improvements, especially those with high physical exertion demands.
Who can compete at these events?	CF Open: Anybody CF Games: Only those who qualify. Local/Regional Independent Competitions: Qualifications vary. Some require qualifying standards and others do not.	HYROX OPEN: Anyone can try to complete this race regardless of finish time. HYROX PRO: Recommended for those with experience since the weights are heavier HYROX PFT: Anyone who can do the workout standards	Anyone with a valid membership to the respective federation if there is one required. There are usually multiple age group categories (teens to 80+) as well as weight classes.
Can I do the programming without the intention of ever competing or completing these events?	Yes	Yes	Yes
What are the standard length of workouts?	Workouts will vary each day, with some as short as mere seconds (weightlifting movements) and others longer than 30 minutes (aerobic conditioning workouts) and everything in between. The idea is to train a variety of time domains and energy systems.	Most minimum work time will be at least 20+ minutes with Engine and Ultra days encompassing 30-50+ minutes. HYROX STRONG days will be more for quality and less conditioning.	Most movements are done in sets with rest time between sets, and sets taking no longer than 20 or so seconds. Number of reps will vary depending on the intent of the workout. There will be minimal conditioning or continuous working for long (2:00+) durations.
What movements will we usually see in these classes?	Gymnastic movements (pull ups, push ups, rings, toes to bar and abs) Weightlifting movements (cleans, snatches, deadlifts, squats, presses) using dumbbells, kettlebells, barbells, or other weighted devices such as sandbags, yokes, or sleds. Monostructural movements (running, rowing, biking, ski-erg) Plyometric & conditioning movements (burpees, box jumps/step ups, jump rope, lunges, wall balls) Mobility and Pre-hab accessory: Foam roll & lacrosse ball work, banded hip & shoulder exercises, light bodybuilding such as lateral raises, or windmills.	Monostructural movements: Running, rowing, biking, ski-erg Conditioning movements with correlation to HYROX stations: wall balls, sandbag lunges, sled pull, sled push, farmer carries, box jumps/step ups, burpees, push ups, air squats. Basic strength movements, usually at higher repetitions (not greater than 3RM for STRONG days): Deadlifts, Front/Back Squats, Overhead or Bench Press using barbells, kettlebells or dumbbells.	Weightlifting specific: cleans, snatches, squats, push presses & jerks Powerlifting specific: deadlift, bench press, barbell squats Occasional kettlebell conditioning: Cleans, turkish get ups, windmills, presses, swings, snatches, sumo deadlifts, carries, single leg deadlifts, etc. Strongman elements: log clean, axle bar deadlift, yoke carry, sled pull, sled push, sandbag lifts. Accessory & Bodybuilding strength movements: kettlebell windmills, plate raises, single leg deadlifts, glute bridges, tricep extensions, weighted planks, etc.
What movements will we NOT see during these classes	Any movements are game! Remember, routine is the enemy. Movements are constantly cycled to enhance exposure to thousands of different workouts.	High level gymnastics (rings, ring muscle ups, kipping pull ups, toes-to-bar, HSPU or handstand walking) Olympic lifting (snatch, cleans, jerks, overhead squats) Other unique or high-coordination movements (double-unders, GHD sit ups, kettlebell snatch, one legged squats) Mobility training aside from squat depth and front rack during warm ups	Cardio or conditioning (such as jump rope, burpees, rowing, or high rep wall balls). Workouts with work demands lasting longer than 2 minutes.
Lastly, I have no experience with anything in this class. Can I still do it?	Yes! We program for all levels from absolute beginner through the competitive elite athlete. We require a Level Method OnBoarding foundations course if you would like to mainly participate in these classes. The 5-Day Level Method OnBoarding allows you to also participate in HYROX and Strength since it is all encompassing.	Yes! We program for beginners through the experienced athlete. We require a 3-day HYROX Foundations session with a course to learn the basics and proper form of most movement patterns (squat, deadlift, press, thruster, rowing & ski-erg technique) if you do not take the Level Method Onboarding course. Most movements will be continuously developed and learned during class.	Yes! This class specifically focuses on lighter weight and more practice of the technical components of a lift in order to get stronger. We require a 3-day Strength Foundations session to learn the fundamentals of proper form of our most common strength movements (deadlift, squat, press, clean & snatch). Most movements are continuously developed throughout the lifetime of the athlete.