

# YOU ARE NOT TRAINING ALONE

CrossFit BC is an Authorized HYROX Training Club in Olympic Village. Our HYROX WhatsApp group is active and already registered for HYROX Vancouver (December 17 to 20, 2026), swapping pacing notes, travel plans, and doubles partners. You show up to a room of people chasing the same start line, and coaches who know your name.

**100+**

Athletes in the WhatsApp crew

**15+**

Weekly HYROX classes

**3x**

90-min SIM-ilar sessions

**18**

Years coaching Vancouver

## A WEEK IN THE ROOM

**MON**

HYROX Prep

**TUE**

HYROX Prep

**WED**

Prep + SIM-ilar eve

**THU**

HYROX Prep

**FRI**

HYROX Prep

**SAT**

Mobility + SIM-ilar

**SUN**

Coached Run Club

## WHAT HAPPENS IN THE GROUP

### ✓ Race-week logistics

Travel plans, heat times, and warm-up windows for HYROX Vancouver, December 17 to 20, 2026.

### ✓ Pacing and station notes

Athletes swap split targets, sled strategy, and what actually worked on the wall balls.

### ✓ Doubles and relay chatter

People post when they are looking for a partner. No matchmaking promises, just an active room.

### ✓ Sessions in the room

SIM-ilar classes, coached run club, and open track meet-ups, so nobody trains the hard days alone.

Joining is simple: come in for an intro, take a class, and we will send you the WhatsApp invite. No pressure to race, no pressure to be fast. Plenty of people in the group are training for their first HYROX.

## COME TRAIN WITH THE CREW

[crossfitbc.com/hyrox/community](https://crossfitbc.com/hyrox/community)

[Book your intro →](#)

## HYROX CREDENTIAL

*"CrossFit BC has been a standout partner in growing HYROX in Canada."*

Justin Owens · Regional Manager, HYROX Canada · LinkedIn recommendation

Authorized HYROX Training Club · 15+ weekly HYROX classes, 4 of which are 90-minute SIM-ilar sessions · Coaching Vancouver since 2008