WARRIOR
PERFORMANCE LAB

**FIRST-RACE TOOLKIT • FREE**

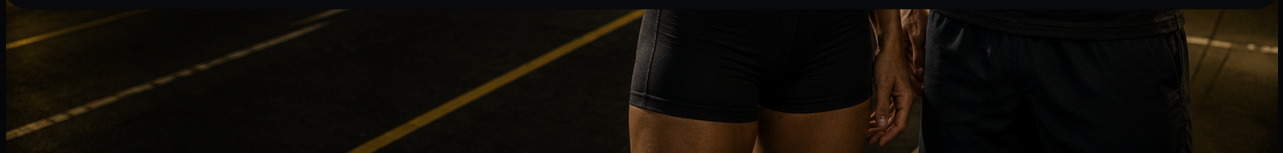
# HYROX BEGINNER DOUBLES COMPANION

PLAN • PRACTICE • RACE TOGETHER



**PARTNER PROFILE • STATION SPLITS • SHARED RUN PLAN • PRINTABLE RACE CARD**

Season 26/27 • Reviewed August 2026



# START HERE

This companion gives first-time Doubles teams a simple system: agree on the shared run, choose repeatable station splits, rehearse short cues, and carry one clear race card. It works with the WPL Base Builder or any sensible training plan.

## YOUR FOUR JOBS

- Run as one: choose the pace the team can repeat eight times.
- Split smart: finish each turn with one more clean rep available.
- Call early: announce the handoff before form or pace breaks.
- Protect the next run: a heroic station set is rarely free.

## CURRENT 26/27 RULE ANCHORS

- Both partners run each 1 km together.
- Both enter and leave each station together; work starts only after both arrive.
- The resting partner stays on their feet, inside the workout zone, clear of traffic.
- Use only the lane or equipment assigned by race crew.

## RESULT-PROTECTION NOTE

Running ahead of your partner can earn a 1-minute penalty. More than three penalties for not staying together can place the team Out of Competition with no ranking. Use the current official rules as the final authority.

## USE THIS IN THREE PASSES

| 1 PLAN | 2 PRACTICE | 3 LOCK IT IN |
|---|---|---|
| Complete the partner profile and choose a first-draft split for every station. | Test the shared run and station handoffs under controlled fatigue. | Write the final plan, backup plan and cue words on the race card. |

# KNOW YOUR TEAM

You do not need identical fitness. You need honest roles. Fill this out separately, compare answers, then write one team decision in the final column.

**DIVISION: _____** **RACE DATE: _____** **TARGET / INTENT: _____**

| PROFILE | PARTNER A | PARTNER B | TEAM DECISION |
|---|---|---|---|
| Easy shared 1 km pace | | | |
| Controlled run RPE (1-10) | | | |
| SkiErg / Row rhythm | | | |
| Sled Push strength | | | |
| Sled Pull + grip | | | |
| Burpee rhythm | | | |
| Carry + lunge control | | | |
| Wall-ball repeatable set | | | |
| Calm communication under fatigue | | | |

## CHOOSE TWO ROLES

Pace-setter: holds the shared run rhythm.
Gatekeeper: speaks up before the pace becomes unsustainable.
Station caller: announces handoffs.
Standard checker: protects movement quality.

## BEGINNER RULE

The stronger athlete does not automatically lead everything. Use the athlete who stays calm, sees the whole race, and can communicate clearly. Roles can change by station.

# BUILD THE SHARED RUN

The run belongs to the slower runner on that day. Your goal is not the fastest fresh kilometre; it is the fastest pace both partners can reproduce after station fatigue.

## 20-MINUTE CALIBRATION

1. Warm up together for 8-10 minutes.
2. Complete 3 x 4 minutes side-by-side at controlled race effort; walk or jog 2 minutes between repeats.
3. Record pace, RPE and whether both partners can speak 3-5 words.
4. Choose the fastest pace that stays smooth in all three repeats. That is your first shared-run anchor - not a promise to force the same split every lap.

| REPEAT | PACE | A RPE | B RPE | TALK TEST | NOTE |
|---|---|---|---|---|---|
| 1 | | | | Pass / Limit | |
| 2 | | | | Pass / Limit | |
| 3 | | | | Pass / Limit | |

## RUN CUES

Settle - reduce the surge.
With me - close the gap now.
Breathe - exhale and lower tension.
Hold - keep this rhythm.
Twenty - 20 seconds before the entry.
Ready - confirm the station plan.

## SLOW NOW IF...

- A visible gap begins to grow.
- One partner cannot answer a short cue.
- Cadence becomes frantic or posture changes.
- The station exit feels like a sprint recovery.
- One athlete is repeatedly dragged back into pace.

# STATION SPLIT MAP I

These are beginner starting points, not official requirements. Test them together. Your best split is the shortest repeatable plan that keeps the next run controlled.

| STATION / RACE TARGET | STARTING SPLIT | CUE | CHANGE IT WHEN... |
|---|---|---|---|
| 1 SkiErg - 1,000 m | 200-250 m each, or another fixed screen marker | Next at 250 | Power drops, breathing spikes, or the handoff becomes slow |
| 2 Sled Push - 50 m | One lane / segment each; stronger partner may own the hardest finish | Push to line | Leg speed stalls or torso position breaks |
| 3 Sled Pull - 50 m | One lane / segment, or 3-5 strong pulls before switching | Three pulls | Grip, rope rhythm or posture deteriorates |
| 4 Burpee Broad Jumps - 80 m | 2-3 reps each, or use fixed floor markers | Two and switch | Jump length, hand placement or landing control changes |

## FIRST-HALF GUARDRAIL

The Ski and sleds can feel deceptively exciting. Do not let the stronger partner turn Station 1-3 into a strength test. If either athlete needs more than the first 100-200 m of the next run to regain control, shorten the next station turn.

# STATION SPLIT MAP II

The second half rewards discipline. Grip, trunk control and breathing often matter more than who looked strongest in the warm-up.

| STATION / RACE TARGET | STARTING SPLIT | CUE | CHANGE IT WHEN... |
|---|---|---|---|
| 5 Row - 1,000 m | 200-250 m each; use smooth strokes, not a sprint start | Settle, then switch | Stroke quality fades or the handoff costs too many seconds |
| 6 Farmers Carry - 200 m | 20-30 m each; shorter if grip is already limiting | At the marker | Shoulders elevate, stride shortens, or a full stop is coming |
| 7 Sandbag Lunges - 100 m | 10-15 m each; switch before balance or posture breaks | Ten, then go | Knee contact, standing height or bag position becomes unreliable |
| 8 Wall Balls - 100 reps | Open with 5-10 clean reps; shorten late; choose the closer | Five clean | No-reps begin, breathing turns chaotic, or both athletes stand waiting |

## SECOND-HALF GUARDRAIL

A switch is not failure. It is a tool. Call it before a missed rep, dropped implement or posture breakdown. The outgoing athlete remains upright and clear while the incoming athlete starts cleanly.

# CHOOSE A SPLIT MODEL

Use one default model per station. You can change the number of reps or metres, but keep the decision logic simple enough to remember while tired.

### 1 EQUAL RHYTHM

Best when: abilities are similar.
Plan: use the same repeatable turn length for both athletes.
Benefit: easiest to remember.
Risk: forcing equality when one movement clearly favors one partner.

### 2 SPECIALIST

Best when: one athlete has a clear station advantage.
Plan: stronger athlete opens or closes with a longer clean turn.
Benefit: uses real strengths.
Risk: overloading the specialist and damaging the run.

### 3 FATIGUE PROTECT

Best when: standards or breathing break quickly.
Plan: shorter, earlier switches for both.
Benefit: protects quality.
Risk: too many unpracticed handoffs.

## WRITE THE BACKUP BEFORE YOU NEED IT

| STATION | DEFAULT | IF A FADES | IF B FADES | IF BOTH FADE |
|---|---|---|---|---|
| Ski / Row | | | | |
| Sled Push | | | | |
| Sled Pull | | | | |
| Burpees | | | | |
| Carry | | | | |
| Lunges | | | | |
| Wall Balls | | | | |

### ONE-LINE RESET

If the plan breaks: shorten the next turn, use one clear cue, leave together, and settle the first 100-200 m of the run.

# TRANSITIONS + COMMUNICATION

Fast transitions come from predictability, not panic. Rehearse the same handoff language until both partners respond automatically.

| STEP | WHAT THE WORKING ATHLETE DOES | WHAT THE RESTING ATHLETE DOES |
|---|---|---|
| 1 PRE-CALL | Calls the switch 2-3 reps or a short distance early | Moves into a legal, ready position without obstructing |
| 2 FINISH | Completes the final rep / marker cleanly | Watches the standard and confirms readiness |
| 3 HANDOFF | Uses one word: Switch | Starts only after the change is clear |
| 4 RESET | Stays upright, clears space, controls breathing | Builds rhythm before chasing speed |

## SIX USEFUL CUE WORDS

Steady - hold the shared run.
Halfway - prepare for the next marker.
Switch - change now.
Smooth - protect standards.
Breathe - lower tension.
Close - final planned set.

## RULES THAT SHAPE THE HANDOFF

- Only one partner works at a time.
- Both athletes must arrive before station work starts.
- Both leave only after the work is complete.
- The resting athlete stays on their feet in the designated zone.
- Never choose an unassigned lane or implement.

# FOUR-REHEARSAL PROGRESSION

Overlay these sessions onto your existing plan. They are skill rehearsals, not extra punishment. Repeat a rehearsal if it is not yet smooth.

| REHEARSAL | MAIN GOAL | SIMPLE SESSION | PASS WHEN... |
|---|---|---|---|
| 1 Rhythm | Shared run + cues | 3 x 4 min run together; practice Settle / With me / Ready | No visible gap; both can answer short cues |
| 2 Handoffs | Two fixed station splits | Choose one erg + one floor station; 4-6 controlled handoffs each | Every call is early and both partners stay composed |
| 3 Flow | Run-station connection | 4 rounds: 4-6 min shared run + one scaled station | The first minute after each station is controlled |
| 4 Rehearsal | Race-card test | 6-8 short segments at planned effort; use final cues and backups | You finish knowing what to keep - not merely exhausted |

## THREE-QUESTION DEBRIEF

1. What felt smooth enough to keep?
2. Where did we lose time or clarity?
3. What one cue or split will we test next?

## DO NOT ADD JUNK VOLUME

If your normal plan already includes a hard conditioning day, use that session to rehearse Doubles flow. More fatigue is not automatically more race readiness.

# RACE WEEK + RACE MORNING

Race week is for confirming decisions and reducing uncertainty. Do not use it to rescue fitness. Keep every food, shoe, cue and station split familiar.

## RACE-WEEK CHECKLIST

- One easy run together.
- One short, low-fatigue transition rehearsal.
- Finalize the default and backup split for all eight stations.
- Confirm race-morning food and hydration already tested in training.
- Confirm arrival, check-in, timing chip, start wave and warm-up plan.
- Pack shoes, socks, allowed accessories, dry clothes and recovery food.
- Review the current official Doubles rulebook.

## RACE-MORNING SEQUENCE

Arrive: follow event instructions and leave buffer for queues.
Connect: confirm both athletes feel normal; adjust the shared run if needed.
Warm up: easy movement, dynamic mobility, 2-3 short build-ups, a few crisp station-specific reps.
Final call: say the Run 1 cue, Ski opener and first backup aloud.
Start: controlled enough to make the next seven runs possible.

## FIRST 10 MINUTES: YOUR ONLY JOBS

| RUN 1 | STATION 1 | RUN 2 |
|---|---|---|
| Settle immediately. Stay side-by-side. Ignore teams whose pace is not yours. | Use the planned opener. Switch while both athletes still look composed. | Reset the breathing. Judge the plan by this run - not by the Ski split alone. |

# PRINTABLE TEAM RACE CARD

Print this page, complete it together, then take a photo for both phones. Keep every field short enough to read while tired.

**PARTNER A:** _____ **PARTNER B:** _____ **DIVISION:** _____

| SEGMENT | DEFAULT PLAN | BACKUP / RED FLAG | CUE |
|---|---|---|---|
| Run pace | | | |
| SkiErg | | | |
| Sled Push | | | |
| Sled Pull | | | |
| Burpee Broad Jumps | | | |
| Row | | | |
| Farmers Carry | | | |
| Sandbag Lunges | | | |
| Wall Balls | | | |

## OUR RESET

If the plan breaks, we will:

_____

_____

## OUR FINISH CUE

When Wall Balls get difficult, we will say:

_____

_____

# AFTER YOUR FIRST RACE

A first race is a data collection opportunity. Debrief within 24-48 hours while the details are still clear. Change only what the race actually taught you.

| AREA | KEEP | CHANGE | TEST NEXT |
|---|---|---|---|
| Shared run | | | |
| Station splits | | | |
| Transitions | | | |
| Communication | | | |
| Race-week plan | | | |

**YOUR NEXT UPGRADE**

When you are ready to move beyond beginner defaults, use the WPL HYROX Doubles Strategy Guide for dedicated Women's, Men's and Mixed strategy, load-specific role decisions, pacing, station testing and advanced race execution.

## OFFICIAL SOURCE + SCOPE

Rules were reviewed against the official HYROX Doubles Rulebook 26/27. Event instructions and the latest official rulebook always take priority. This independent educational resource is created by Warrior Performance Lab and is not affiliated with or endorsed by HYROX.

Reviewed: August 2026 Resource level: FREE / Beginner Next step: PRO Doubles Strategy Guide