WARRIOR
PERFORMANCE LAB

TEAM STRATEGY

HYROX DOUBLES STRATEGY GUIDE

WOMEN | MEN | MIXED



RUN TOGETHER | SPLIT SMART | TRANSITION FAST

One guide. Three division-specific strategy tracks.

SEASON 26/27 | WPL PRO ATHLETE RESOURCE

START HERE

One guide. Three doubles pathways.

Use the shared framework first, then go directly to your division track. The division label changes official loads and wall-ball targets; your actual strengths determine who does what.

SHARED FOUNDATION

Rules, run pacing, communication, transitions, partner profiling and the eight-station decision system apply to every doubles team.

DIVISION TRACKS

Women, Men and Mixed sections show where official loads, target height and common transition friction change the smartest starting plan.

What this resource is

- A race-execution and partner-decision guide, not a complete training plan.
- A way to choose repeatable station splits after testing them together.
- A current 26/27 rules bridge that separates official requirements from WPL coaching recommendations.
- A printable race card so your decisions are already made before fatigue rises.

Recommended order

1	Know the rules	Pages 3-4
2	Profile both partners	Page 5
3	Build the shared run plan	Page 6
4	Open your division track	Pages 7-9
5	Lock all eight station splits	Pages 10-11
6	Rehearse, stress-test and print	Pages 12-14

COACHING PRINCIPLE Do not assign work by gender, body size or reputation. Test actual station output, recovery speed, movement quality and the effect on the next run.

OFFICIAL 26/27

The doubles rules that change your strategy

The items below are official race requirements. WPL starting points appear later and should never override the current rulebook, athlete briefing or judge direction.

RULE	WHAT IT MEANS FOR YOUR TEAM
Run together	Both partners complete every run. If one partner runs ahead, a 1-minute penalty can apply. Do not manage the gap by counting seconds; stay visibly together.
Enter and leave together	The station cannot begin until both partners are present. Leave only after the full distance or reps are complete and both partners exit together.
You go, I go	Only the working partner completes the station effort. Switch as often as useful, but follow each station's transition protocol.
Resting partner stays up	During workout stations, the resting partner remains on their feet in the designated zone and must not kneel, sit, lie down or obstruct others.
Assigned equipment	Use the lane, sled, erg or wall-ball station assigned by race staff. Choosing another can earn a penalty.
Complete every meter and rep	An incomplete station, missed entire 1 km run or missing sled/carry lane can produce major penalties or disqualification.
Finish time	The team result is recorded when both partners cross; the later timing-chip read determines the official finish.

CURRENT RULE WORDING	Run together for every 1 km segment. Do not manage the gap by counting seconds; if one partner runs ahead, a 1-minute penalty can apply.

PENALTY REALITY	Stations 1-7 generally use a warning before a later movement-standard penalty, but certain serious violations receive immediate penalties. Wall balls are rep or no-rep. Never assume every error earns a warning first.

OFFICIAL 26/27

Division loads and target heights

All three Open divisions complete 8 x 1 km runs and the same station distances or repetitions. External loads and wall-ball target height are where the pathways separate.

STATION	WOMEN	MEN	MIXED
SkiErg	1,000 m	1,000 m	1,000 m
Sled Push	102 kg incl. sled	152 kg incl. sled	152 kg incl. sled
Sled Pull	78 kg incl. sled	103 kg incl. sled	103 kg incl. sled
Burpee Broad Jump	80 m	80 m	80 m
Row	1,000 m	1,000 m	1,000 m
Farmers Carry	2 x 16 kg	2 x 24 kg	2 x 24 kg
Sandbag Lunges	10 kg	20 kg	20 kg
Wall Balls	100 x 4 kg	100 x 6 kg	100 x 6 kg
Wall-ball target	Female: 2.70 m	Male: 3.00 m	Female: 2.70 m / Male: 3.00 m

MIXED DETAIL

Both partners use the 6 kg ball. Each athlete must strike the target assigned to their sex: 2.70 m for the female racer and 3.00 m for the male racer.

PRO DETAIL

Women Pro uses the same middle load column as Men and Mixed. Men Pro uses 202/153 kg sleds, 2 x 32 kg carry, 30 kg lunges and a 9 kg ball. Mixed has no separate Pro division.

IMPORTANT Race sled friction varies by surface and venue. Train by official load when possible, but make sled-role decisions from repeatable lane performance, not gym plate math alone.

TEAM DIAGNOSTIC

Build the partner profile before choosing splits

Your team does not need equal athletes. It needs honest data, clear roles and predictable handoffs. Complete the table after one fresh test and one run-to-station session.

TEST / QUALITY	PARTNER A	PARTNER B	TEAM DECISION
Shared 1 km pace after a station			Run pace / lead cue
Ski: repeatable 250 m pace			Opening / closing turns
Sled Push: clean lanes at race load			2+2 or 3+1 lanes
Sled Pull: clean lanes + rope control			Lane order
BBJ: repeatable reps before rhythm loss			Reps per turn
Row: repeatable 250 m pace			Foot setting / turn length
Carry: distance before grip changes			Switch landmark
Lunges: distance before posture changes			Switch landmark
Wall balls: clean repeatable set			Opening / closing sets
Calm communicator under fatigue			Primary cue voice

Assign four roles

RUN ANCHOR

Keeps the shared pace honest and prevents the stronger runner from turning each 1 km into a solo test.

START SETTLER

Controls Run 1 and SkiErg so early adrenaline does not become late-race debt.

STATION CLOSERS

Decide who finishes sleds, ergs and wall balls. A clear closer removes hesitation when both are tired.

RESET VOICE

Uses one short instruction after a no-rep, missed cue or bad run: settle, smooth, breathe or next job.

DECISION RULE Choose the split that protects movement quality and the next shared run. A faster isolated station is not a win if one partner cannot rejoin the run rhythm.

SHARED ENGINE

The run is not recovery - and it is never solo

Every partner completes all 8 km. The smartest team runs at the fastest pace both athletes can repeat after station fatigue, not the pace the stronger runner can force when fresh.

DEFAULT FORMATION

Run side-by-side or with the pace setter no more than a controlled half-step ahead. Keep visual contact and match the line through turns and Roxzone traffic.

STRONGER RUNNER'S JOB

Control ego, absorb traffic decisions, communicate before turns and help the shared pace stay smooth. Do not surge away and wait.

Build an eight-run plan

SEGMENT	INTENT	TEAM CUE
Run 1	Controlled and calm. No free speed from adrenaline.	Settle
Runs 2-3	Find rhythm after sled fatigue; shorten stride if needed.	Together
Run 4	Reset after BBJ. Avoid the emotional surge.	Breathe
Run 5	Smooth after Row; protect cadence through traffic.	Lock in
Run 6	Grip fatigue may raise tension; relax hands and shoulders.	Loose
Run 7	Shorten stride after lunges and build only if both recover.	Quick feet
Run 8	Commit together. The later chip still sets the team finish.	Finish

Three run-pairing sessions

- 3 x 1 km at shared target pace: alternate who leads each repetition; 2 minutes easy between.
- 4 rounds: 5 minutes shared running + 2 minutes station work; settle back into pace within 30-45 seconds.
- 20-30 minute easy run together: practice one-word cues, cornering and silent pace matching without surges.

RED FLAG If one partner repeatedly needs a large recovery gap after stations, do not simply slow every run. Shorten that partner's station turns or reassign the final portion of the previous station.

DIVISION TRACK 1

Women's Doubles

Official loads: 102 kg sled push, 78 kg sled pull, 2 x 16 kg carry, 10 kg lunges and 4 kg wall ball to 2.70 m. Lighter external load does not reduce the need for disciplined pacing across the full race.

BEST STARTING LOGIC When both athletes have similar station endurance, fewer clean transitions often beat constant swapping. When profiles differ, let the better athlete take a modestly larger share - never so much that the next run becomes recovery.

STATION	WPL STARTING POINT	ADJUST WHEN...
SkiErg	250 m turns, or 300/200 repeated	One athlete holds technique with less pace drift.
Sled Push	2 lanes each; strongest can close	One athlete's lane speed drops sharply or run legs suffer.
Sled Pull	Alternate full lanes	Grip or rope rhythm deteriorates; keep the resting partner behind.
BBJ	4-6 jumps per turn	Landing or hand-position accuracy changes; shorten immediately.
Row	250 m turns	Set-up differences make transitions costly; use slightly longer turns.
Farmers Carry	25-50 m turns	Grip changes or walking posture becomes protective.
Lunges	10-20 m turns	Stride length, knee contact or tall finish becomes inconsistent.
Wall Balls	10-15 early, then 5-10	Depth, target contact or breathing rhythm changes.

Where Women's teams commonly gain time

- Use smooth, slightly longer erg turns when both athletes are technically efficient.
- Pre-assign the final sled lane and final wall-ball set; hesitation costs more late than early.
- Keep the run honest after the lighter carry and lunge loads; do not accidentally surge away from your partner.

DO NOT ASSUME Women partners can still have major strength, height, grip and running differences. The division label never replaces your team diagnostic.

DIVISION TRACK 2

Men's Doubles

Official loads: 152 kg sled push, 103 kg sled pull, 2 x 24 kg carry, 20 kg lunges and 6 kg wall ball to 3.00 m. The main risk is not a lack of power; it is spending too much of it too early.

BEST STARTING LOGIC	Assign sled and lunge work by repeatable race-load output, then cap the strongest athlete before mechanics or the next run degrades. Hero sets create expensive recovery.

STATION	WPL STARTING POINT	ADJUST WHEN...
SkiErg	250 m turns; first turn controlled	Watts rise but meters per pull and breathing worsen.
Sled Push	2 lanes each or tested 3+1	A stronger pusher is still able to run immediately after.
Sled Pull	Alternate full lanes	Grip/rope speed falls; no help with rope management.
BBJ	4-8 jumps per turn	Jump length shrinks or 5 cm foot alignment becomes unreliable.
Row	250 m turns; avoid sprint starts	One athlete's stroke efficiency stays clearly higher.
Farmers Carry	50 m turns	Grip forces a stop; switch earlier at a safe landmark.
Lunges	10-20 m turns	Tall finish or knee contact changes under fatigue.
Wall Balls	10-15 early, then 5-10	Target misses rise at 3.00 m; shorten before no-reps.

Where Men's teams commonly lose time

- An uncontrolled SkiErg opening that feels fast but raises breathing too early.
- A strong partner taking three sled lanes without proving they can rejoin the run.
- Long wall-ball sets that turn into no-reps; 100 valid reps matter more than impressive opening volume.

POWER RULE	The stronger athlete should do more only when the team is faster through the next transition and run - not because the set looked dominant.

DIVISION TRACK 3

Mixed Doubles

Mixed uses the same external loads as Men's Open and Women's Pro. Both athletes use the 6 kg wall ball, but the female athlete strikes 2.70 m and the male athlete strikes 3.00 m.

BEST STARTING LOGIC Build the plan around each athlete's tested strengths - not a default 'man does strength, woman does endurance' script. A mixed team wins by managing mismatch without overloading either partner.

STATION	WPL STARTING POINT	MIXED-SPECIFIC DECISION
SkiErg	200-300 m turns	Different heights/technique may justify unequal turns; handles cannot be passed.
Sled Push	Test 2+2 and 3+1 lanes	Use 3+1 only if the primary pusher still protects the shared run.
Sled Pull	Alternate lanes or tested 3+1	Resting partner cannot manage rope; verbal guidance is allowed within the rules.
BBJ	3-6 jumps per turn	Choose turns by movement rhythm, not which athlete jumps farther once.
Row	200-300 m turns	Pre-set footplate needs; partner may not adjust straps, damper or handle for the worker.
Farmers Carry	25-50 m turns	The 2 x 24 kg load may create different grip limits; pass only sideways/backwards.
Lunges	10-20 m turns	20 kg may create a larger split difference; pass sideways/backwards, never forward.
Wall Balls	5-15 reps per turn	Say the target cue before each switch: 'female target' or 'male target'. No flying handoff.

Mixed-team advantage

- Unequal station shares are completely acceptable when they are practiced and do not damage the shared run.
- Different strengths can create a strong closer for every station - but both athletes must still stay engaged and ready to switch.
- Target-height changes at wall balls are easy when cued early and expensive when discovered mid-set.

MIXED WARNING Do not give one athlete every heavy station by default. The accumulated sled, carry and lunge cost can surface on Runs 6-8 and at wall balls.

SPLIT LAB A

Stations 1-4: decide the handoff before fatigue

Use these as first-test structures. Record total station time, transition time, rep quality and the first 60 seconds of the next run.

STATION	TEST 1	TEST 2	LOCK IT WHEN...
1. SkiErg	4 x 250 m	300/200/300/200	Total time and next-run breathing are repeatable.
2. Sled Push	2 lanes each	3+1 by tested strength	The closer clears the line and both exit ready to run.
3. Sled Pull	1 lane each alternating	2+1+1	Rope control stays clean and the resting partner remains behind.
4. BBJ	4 reps each	Distance landmark or 6-rep turns	Hands-to-feet transitions are immediate and standards stay clear.

OFFICIAL TRANSITION DETAIL	TEAM ACTION
SkiErg	Working athlete adjusts damper if desired. Do not pass handles. Raise a hand and wait for judge confirmation before leaving at 1,000 m.
Sled Push	Resting athlete walks immediately behind. Entire sled crosses every 12.5 m line before turning.
Sled Pull	Resting athlete stays behind and cannot assist with the rope. Entire sled crosses each line.
BBJ	Next athlete places hands where the working athlete's feet landed, with toes and fingers in line. Both feet take off and land together within 5 cm variance.

MEASURE THIS A split is only better if total station time improves without increasing standards errors, transition hesitation or first-minute run cost.

SPLIT LAB B

Stations 5-8: protect grip, posture and valid reps

Late-race discipline beats emotional effort. Shorten a turn before form breaks, not after the penalty or full stop.

STATION	TEST 1	TEST 2	LOCK IT WHEN...
5. Row	4 x 250 m	300/200/300/200	Transitions stay clean despite different foot settings.
6. Farmers Carry	4 x 50 m	25-40 m landmarks	No grip failure or forward handoff.
7. Sandbag Lunges	10-15 m turns	20 m turns	Knee contact and tall finish remain consistent.
8. Wall Balls	10s, then 5s	15s early, 5s late	Every set is repeatable and target changes are automatic.

OFFICIAL TRANSITION DETAIL	TEAM ACTION
Row	Working athlete controls handle, damper and straps. Partner may not pass the handle or adjust equipment. Stay seated until judge confirmation at 1,000 m.
Farmers Carry	The bells may be placed down. During a team change, pass sideways or backwards, never forward. Return upright to the correct box.
Sandbag Lunges	Bag stays supported on both shoulders. During a team change, pass sideways or backwards, never forward.
Wall Balls	Hand the ball or let it go to the floor. No flying catch-and-squat transition. Each athlete hits the correct target and every rep must be valid.

LATE-RACE RULE When one partner says 'short', the next turn becomes shorter immediately. Do not debate the split inside the station.

TEAM BUILD

A six-week strategy progression

Overlay this decision work onto your existing WPL training plan. It develops coordination without turning every partner session into a full race simulation.

WEEKS	FOCUS	PARTNER WORK	OUTPUT
1-2	Profile	One easy run together + two-station split tests	Shared pace, cue words, first split draft
3-4	Repeatability	Four-station flow at controlled race effort	Fixed opening, middle and closing turns
5	Fatigue proof	Run-to-station intervals; shorten turns when standards drift	Mid-race adjustment rule
6	Rehearsal	One controlled 60-80% race-flow simulation	Final race card and reset plan

Three high-value partner sessions

SESSION	STRUCTURE	PRIMARY QUESTION
Switch Lab	3 rounds: 500 m shared run + 2 station blocks at controlled effort	Are our cues early and handoffs immediate?
Run Reset	4 rounds: 5-6 min shared run + 90 sec station work	Can we regain run rhythm within 30-45 sec?
Dress Rehearsal	4-6 runs and stations at planned effort; race equipment if available	Does every split still protect the next run?

Debrief in three questions

- What felt smooth enough to keep?
- Where did we lose time: work, transition, standard or next-run recovery?
- What one decision changes before the next rehearsal?

NO RANDOM SUFFERFEST A partner session has a decision purpose. Stop adding volume once the target handoff, pace or standard is no longer trainable with quality.

UNDER FATIGUE

How to change the plan without creating chaos

Your default plan is a starting point. Use one agreed trigger, one short cue and one immediate adjustment.

TRIGGER	CUE	IMMEDIATE CHANGE
Partner cannot regain shared run pace	Short	Reduce their next station turn by 30-50% or reassign the close.
Movement standard starts to drift	Clean	End the turn at the next safe handoff point.
Grip is opening	Hands	Switch earlier on pull/carry; do not wait for a full drop.
Breathing spikes on erg	Smooth	Lower opening power and use a fixed shorter distance.
Wall-ball no-reps begin	Five	Use sets of five valid reps and a full standing reset.
Transition becomes confusing	Default	Return to the pre-agreed base split, even if it is not theoretically fastest.
One station goes badly	Next job	Exit together, settle the first 30-60 sec of the run and stop replaying it.

GOOD COMMUNICATION

Early, specific and actionable: 'Two more then switch.' 'Short next turn.' 'Female target.' 'I close.'

BAD COMMUNICATION

Late, emotional or vague: 'Maybe soon.' 'Go harder.' 'I am dying.' 'What do you want to do?'

RESET RULE One difficult station does not require a new race identity. Reduce one decision, restore shared rhythm and move to the next job.

PRINT OR SCREENSHOT

Race-day doubles strategy card

Complete this after your final rehearsal. Keep the decisions short enough to recall under fatigue.

	Partner A: _____	Partner B: _____
	Women / Men / Mixed	Start time: _____
	Shared pace / effort: _____	Run cue: _____
	Opening athlete: _____	Switch: _____
	Lane order: _____	Closer: _____
	Lane order: _____	Rope cue: _____
	Reps / landmark: _____	Switch cue: _____
	Opening athlete: _____	Switch: _____
	Distance / landmark: _____	Grip cue: _____
	Distance / landmark: _____	Switch cue: _____
	Opening sets: _____	Closer / target cue: _____
	If plan breaks: _____	One-word reset: _____

Final check: both timing chips secure | correct division loads known | venue lap count confirmed | target cues confirmed | enter and leave together

VERSION CONTROL

Current sources and version notes

This athlete edition was reviewed against the official Season 26/27 HYROX Doubles Rulebook.

Primary rules source

HYROX Doubles Rulebook - Season 26/27

TOPIC	RULEBOOK PAGES
Divisions, loads and age groups	8-10
Doubles race format, YGIG, running together and station conduct	22-26
Movement standards and transition protocols	27-38
Penalties and disqualification	45-47

Build your full race system

- Use the WPL Stations and Divisions Master Guide when you need a deeper movement-standard review.
- Use the WPL Race Week: Taper and Peak Readiness collection for final-week training, fueling and race-morning decisions.
- Reopen this guide after each partner rehearsal and update only the decisions that did not remain repeatable.
- Review the official rulebook and athlete briefing again before every event.

RULES OVERRIDE Official rules, event briefings and judge instructions take priority. Recheck the current season rulebook before each event because standards and penalties can change.

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.