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HYROX
RACE BASICS

YOUR FIRST HYROX, EXPLAINED SIMPLY



FORMAT | STATIONS | ROXZONE | PACING | RACE DAY

Season 26/27 | Reviewed August 2026

FIRST: TAKE THE PRESSURE OFF

I WANT YOUR FIRST HYROX TO FEEL EXCITING, NOT CONFUSING.

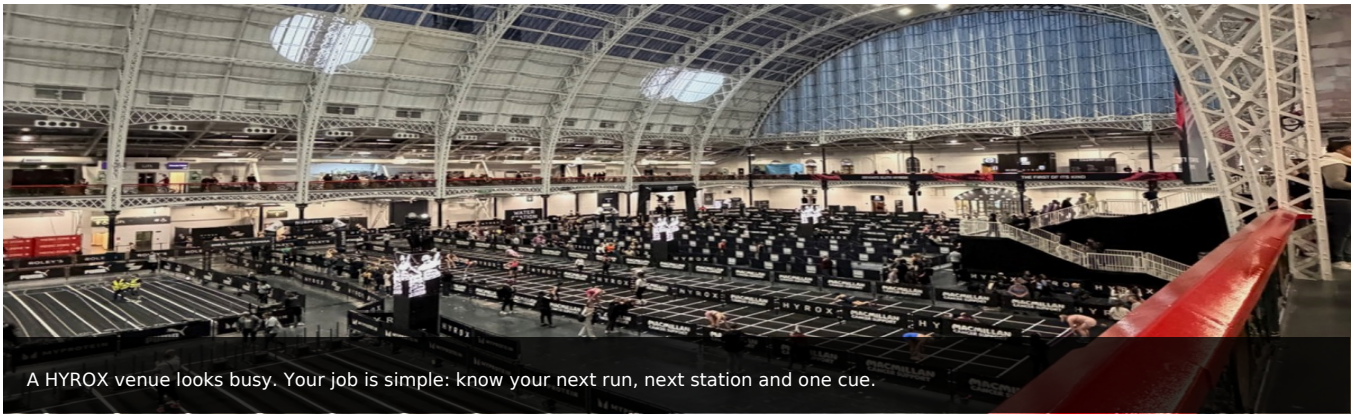
You do not need to memorize a 46-page rulebook before you start training. You need to know what comes next, what the judge needs to see, and how to keep enough control to finish the whole race. That is exactly what this guide gives you.

READ THIS FIRST

- Learn the pattern: 1 km run, one station, repeated eight times.
- Know the order: do not rely on following another athlete.
- Choose control: your goal is a repeatable race, not a heroic first 10 minutes.
- Protect the result: the biggest penalties are usually navigation or completion errors.

USE IT YOUR WAY

- 10 minutes: pages 3, 6, 10 and 12.
- Before training: pages 7-9 for station and pacing cues.
- Final 7-14 days: pages 10-15.
- Race morning: keep the checklist on page 15 on your phone.



A HYROX venue looks busy. Your job is simple: know your next run, next station and one cue.

MY COACHING RULE

Do not race the first station. Race the whole pattern: run, settle, station, reset, repeat. If you feel almost too controlled early, you are probably doing it right.

THE RACE IN ONE PICTURE

HYROX is eight 1 km runs. Each run is followed by one fixed workout station. Everyone completes the stations in the same order.

01	1 KM RUN	1,000 M SKIERG
02	1 KM RUN	50 M SLED PUSH
03	1 KM RUN	50 M SLED PULL
04	1 KM RUN	80 M BURPEE BROAD JUMP
05	1 KM RUN	1,000 M ROW
06	1 KM RUN	200 M FARMERS CARRY
07	1 KM RUN	100 M SANDBAG LUNGES
08	1 KM RUN	100 WALL BALLS

THE SIMPLE MEMORY PATTERN

RUN -> STATION -> RUN -> STATION. The run always comes first. Wall Balls are the final station, then you go to the finish.

CHOOSE YOUR FORMAT AND DIVISION

No qualification is required, and racers must be at least 16 on race day. Your best first choice is the format and load that lets you train consistently and execute cleanly.

FORMAT	WHO COMPLETES THE RUNS?	WHO COMPLETES THE STATIONS?	BEST FOR
Singles	You run all 8 km.	You complete all 8 stations.	A full individual test.
Doubles	Both partners run every 1 km together.	Partners share the station work.	Shared strategy and teamwork.
Relay	Four-person team; each athlete completes assigned race segments.	Each athlete completes the station(s) in their segment.	Team entry and faster work blocks.
Adaptive Singles	The adaptive rulebook defines the category and standards.	You complete the listed adaptive station standards.	Eligible athletes using adaptive divisions.

OPEN DIVISION

- The most appropriate default for many first-time Singles athletes.
- Women and Men use the Open loads shown on page 5.
- Open is not "easy." You still run 8 km and complete every station.

PRO DIVISION

- Uses heavier sleds, carries, lunges and wall balls.
- Women Pro use the same station loads as Men Open.
- Choose Pro because your training supports it, not because the name sounds stronger.

MY HONEST ADVICE

If you are unsure between Open and Pro for your first race, choose Open. A clean, well-paced race teaches you more than surviving loads you were not ready to repeat under fatigue.

SINGLES LOADS AT A GLANCE

The running distance and erg distances stay the same across Singles divisions. The external loads change. Official event weights are in kilograms; pound values below are rounded for quick reference.

STATION	WOMEN OPEN	MEN OPEN / WOMEN PRO	MEN PRO
SkiErg	1,000 m	1,000 m	1,000 m
Sled Push - total incl. sled	102 kg / 225 lb	152 kg / 335 lb	202 kg / 445 lb
Sled Pull - total incl. sled	78 kg / 172 lb	103 kg / 227 lb	153 kg / 337 lb
Burpee Broad Jump	80 m	80 m	80 m
Row	1,000 m	1,000 m	1,000 m
Farmers Carry - each hand	2 x 16 kg / 35 lb	2 x 24 kg / 53 lb	2 x 32 kg / 71 lb
Sandbag Lunges	10 kg / 22 lb	20 kg / 44 lb	30 kg / 66 lb
Wall Balls - 100 reps	4 kg / 9 lb to 2.70 m	6 kg / 13 lb; women 2.70 m, men 3.00 m	9 kg / 20 lb to 3.00 m

ABOUT SLED NUMBERS

The published sled weight includes the sled. Carpet, lane wear and venue conditions can change how heavy it feels. Train the force pattern and keep enough reserve to finish all four 12.5 m lengths.

BEFORE YOU PICK ANYTHING UP

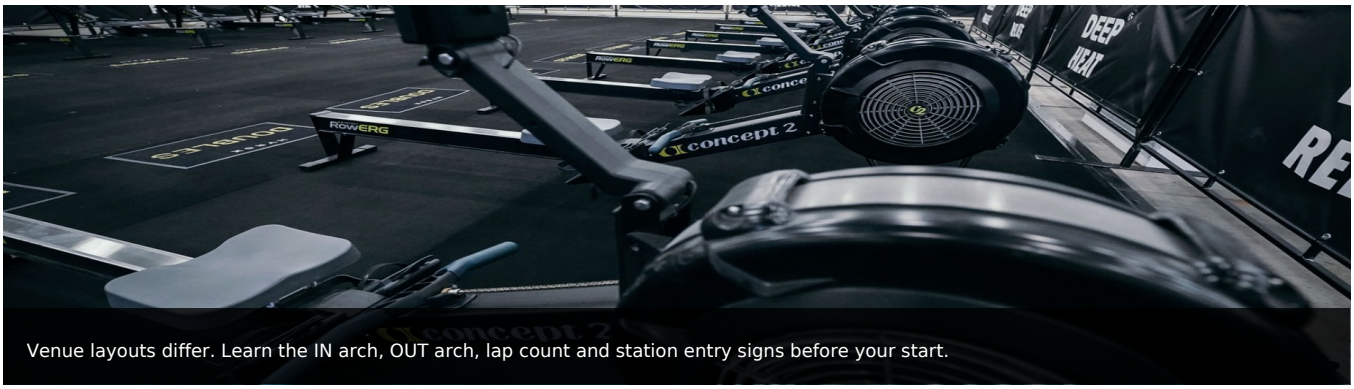
Check the division color and weight. Using the wrong kettlebell or sandbag can force a full station repeat or lead to disqualification if it is not corrected.

WPL RULE

A weight you can move fresh is not automatically a weight you can race well after repeated 1 km runs. Train your division load under controlled fatigue before race week.

ROXZONE AND NAVIGATION

The Roxzone connects the run course to the workout stations. It is also where beginners lose time or make expensive route mistakes. Your race map matters because the number of run laps can change by venue.



Venue layouts differ. Learn the IN arch, OUT arch, lap count and station entry signs before your start.

WHEN	WHAT YOU DO	WHAT YOU CHECK
On the run course	Complete the required number of laps for that venue.	Know your lap count. Do not follow the athlete ahead.
Entering the Roxzone	Use the IN arch after the correct run is complete.	Read the station number and sign.
At the station	Enter the correct workout entrance and use assigned equipment or lane.	Weight, lane, distance and judge confirmation.
Leaving the station	Exit through the correct workout exit, then leave via the OUT arch.	Reset your breathing and begin the next run under control.

OFFICIAL RESULT TRAP

Using the IN or OUT arch in the wrong direction is a 2-minute penalty per infringement. Missing a run lap can add 3-7 minutes depending on the venue setup.

MY RESET CUE

Eyes up. Read the sign. Say the next station. Ten calm seconds can protect minutes and save you from entering the wrong place.

STATIONS 1-4: ONE CUE EACH

You do not need ten technique thoughts under fatigue. Pick one cue that protects your movement and repeat it.

01 SKIERG

1,000 m

OFFICIAL MUST

Keep both feet on the SkiErg base. Complete 1,000 m and wait for judge confirmation before leaving.

MY RACE CUE

Smooth first 250. Use hips and lats; let the arms finish the pull.

BEGINNER TRAP

Racing the first 200 m and arriving at the sled already breathless.

02 SLED PUSH

50 m - 4 x 12.5 m

OFFICIAL MUST

Use the assigned lane. The entire sled must cross each line before you change direction.

MY RACE CUE

Short steps, strong angle. Breathe at every line before you turn.

BEGINNER TRAP

Turning while part of the sled is still short of the line.

03 SLED PULL

50 m - 4 x 12.5 m

OFFICIAL MUST

Stay standing and inside your racer box. Keep the rope in your lane and pull the entire sled across each line.

MY RACE CUE

Fast hands, clean rope. Step back with control; do not let the rope become your problem.

BEGINNER TRAP

Sitting, kneeling, stepping on the box line or tangling the rope into the next lane.

04 BURPEE BROAD JUMP

80 m

OFFICIAL MUST

Chest touches the floor. Hands stay within 30 cm of your toes. Jump and land with both feet together within the allowed 5 cm variance.

MY RACE CUE

Compact burpee, repeatable jump. Breathe every rep and keep the same rhythm.

BEGINNER TRAP

Trying to win with huge jumps, then adding shuffles or losing the two-foot standard.

STATIONS 5-8: ONE CUE EACH

The second half rewards control. Your legs are already carrying fatigue, so clean transitions and planned breaks matter more.

05 ROW

1,000 m

OFFICIAL MUST

Remain seated until the full 1,000 m is complete and the judge confirms you may leave. Damper is preset to 6 but may be adjusted.

MY RACE CUE

Legs, body, arms. Long strokes beat frantic pulling.

BEGINNER TRAP

Sprinting the first 200 m or standing before judge confirmation.

06 FARMERS CARRY

200 m

OFFICIAL MUST

Choose the correct weight. Carry both kettlebells with arms extended, finish the full course and return them upright to the correct box.

MY RACE CUE

Tall posture, quick feet. If you need a set-down, choose it before grip fails.

BEGINNER TRAP

Using the wrong weight, missing a lap or dropping the bells forward.

07 SANDBAG LUNGES

100 m

OFFICIAL MUST

Use the correct bag. Alternate legs; the trailing knee touches down and hips and knees fully extend. No steps or shuffles between reps.

MY RACE CUE

Short honest steps. Stand tall every rep and protect your balance.

BEGINNER TRAP

Rushing into shallow reps, shuffling between lunges or returning the bag to the wrong area.

08 WALL BALLS

100 valid reps

OFFICIAL MUST

Start standing tall. Squat below parallel, hit the correct target and wait until 100 valid reps are confirmed before leaving.

MY RACE CUE

Break before failure. Small planned sets are faster than repeated no-reps and long recovery.

BEGINNER TRAP

Waiting until your legs fail before the first break or leaving on your own count.

HOW THE RACE SHOULD FEEL

Your fastest sustainable race is not your fastest possible first kilometre. I want you to build the effort in four phases and keep enough decision-making capacity to move well.

RUNS 1-2

CONTROL

RPE 6-7

You can speak 3-5 words. The SkiErg and sleds should not turn the race into a crisis.

RUNS 3-4

SETTLE

RPE 7

Hold the pace you planned. Keep your breathing organized through Burpees.

RUNS 5-6

COMMIT

RPE 7-8

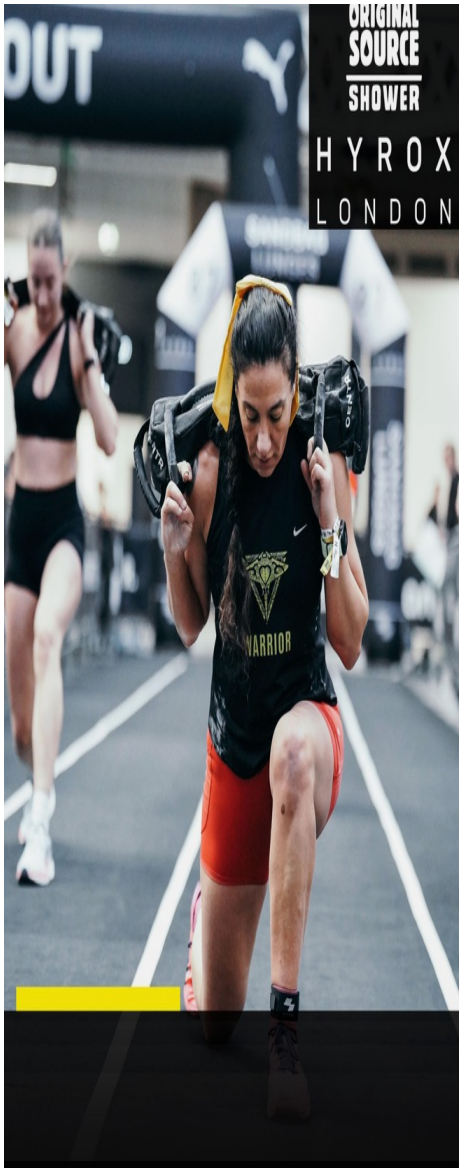
Row with discipline. Carry tall. Use the next run to regain rhythm.

RUNS 7-8

COMPETE

RPE 8-9

Now you can spend what you protected. Stay technically honest into Wall Balls.



Controlled form is speed you can keep.

THE TEST

If you cannot read signs, count laps or respond to a judge because your first effort was too hard, your pacing is already costing you time.

RACE-DAY FLOW: FROM ARRIVAL TO START

Your event ticket and athlete guide set the exact check-in window. My preference is to remove rush: arrive with time to check in, settle, warm up and enter the start tunnel calm.

1

ARRIVE

Follow the event check-in instructions. A practical target is often 75-90 minutes before your start if the venue guidance allows it.

2

CHECK IN

Bring government-issued photo ID and registration confirmation. Collect your wristband and timing chip.

3

SET UP

Timing chip goes on your ankle. Wristband stays visible. Use bag drop, bathroom and water before warm-up.

4

WARM UP

Raise temperature, mobilize what you need, then use a few short race-specific efforts. Do not turn the warm-up into another workout.

5

START TUNNEL

Official rule: assemble in the start tunnel 10 minutes before your start for instructions.

6

START

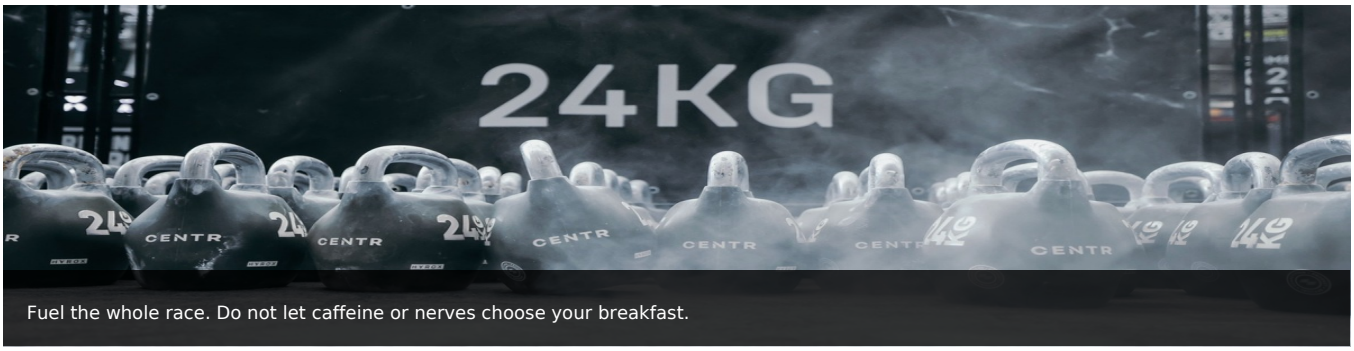
First target: leave the tunnel under control. Your race is not decided in the first minute.

10-MINUTE WARM-UP IF TIME DISAPPEARS

3 min easy jog or brisk movement | 3 min ankles, hips, shoulders | 2 min skips, squats, lunges | 2 x 20 sec controlled race-effort pickups with easy recovery

SIMPLE RACE-MORNING FUEL

This page is the simple version. Your full Beginner Fuel Plan should be practiced before race week. Race morning is for familiar food, familiar fluids and familiar timing.



Fuel the whole race. Do not let caffeine or nerves choose your breakfast.

TIME	SIMPLE TARGET	EXAMPLE
2-4 hours before	Carbohydrate-forward meal, moderate protein, lower fat and fiber. Many athletes tolerate about 1-2 g/kg carbohydrate, but use your practiced amount.	Oats + banana + yogurt; toast + eggs + fruit; rice + familiar lean protein.
60-90 minutes before	Small familiar top-up only if needed and practiced.	Banana, applesauce, small bar, sports drink or toast.
15-30 minutes before	Optional 20-30 g quick carbohydrate if it suits your plan. Caffeine is optional, not required.	Gel, chews or drink you have used in training.
During the race	Use only what the event provides at aid stations, or permitted items you carry from start to finish.	Small sips as needed. Do not wait for severe thirst.

AVOID ON RACE MORNING

- A new gel, drink or supplement.
- A much larger breakfast than normal.
- Chugging fluid right before the tunnel.
- Using extra caffeine to fix poor sleep.

OFFICIAL REMINDER

Receiving food or fluid from spectators is outside assistance. During the race, accept nutrition or hydration only from official aid stations unless you are using a permitted item carried from start to finish.

RULES THAT PROTECT YOUR RESULT

This is not every rule. These are the mistakes most likely to turn good fitness into lost minutes, an incomplete station or a disqualification. The current official rulebook and race briefing remain the final authority.

MISTAKE	CURRENT 26/27 CONSEQUENCE	PROTECT YOURSELF
Missing a run lap	3-7 min per lap depending on venue setup; missing the only lap in a 1-lap setup is DQ.	Know the course and count your own laps.
Missing a run or station / not completing a station	DQ or no valid finishing result.	Wait for judge confirmation and complete the full distance or reps.
Station out of order	3 min for first; more than one out-of-order station is DQ.	Say the next station before entering the Roxzone.
Wrong IN / OUT arch or workout entry / exit	2 min per infringement.	Eyes up and read every sign.
Missing a sled lane or Farmers Carry lap	DQ for incomplete station.	Count lengths and laps; make the full line obvious.
Wrong kettlebell or sandbag weight	Station must be repeated with correct load; failure to correct is DQ.	Check the division color and label before lifting.
Kettlebell or sandbag returned incorrectly	30 sec unless corrected before leaving the Roxzone.	Place it in the correct area; kettlebell handles upright.
Outside assistance, own chalk or littering	Generally 2 min per infringement.	Use official aid and event chalk; bin every cup and wrapper.

JUDGE CUE

If a judge gives you a correction or no-rep, fix the movement and keep going. Arguing usually costs more energy than the rep.

YOUR FINAL 7-14 DAYS

You cannot build new fitness in race week, but you can create fatigue, soreness and doubt. Your job now is to arrive recovered, sharp and certain about the simple decisions.

DO

- Reduce total training volume while keeping a few short race-specific touches.
- Rehearse one or two station cues, not all-out station tests.
- Confirm shoes, socks, clothing, breakfast and transport.
- Read the athlete guide and study the venue map.
- Protect normal sleep and meal timing.
- Write your pacing plan and backup plan.

DO NOT

- Complete a full HYROX simulation.
- Add extra running because you feel nervous.
- Test a new shoe, gel, pre-workout or supplement.
- Use hard soreness-producing strength work late in the week.
- Chase a target weight by under-eating or dehydrating.
- Change the whole plan after seeing someone else online.

THE FIVE THINGS TO LOCK IN

1. **FIRST 2 KM EFFORT**

   Controlled enough to breathe and read the course.

2. **ONE CUE PER STATION**

   Choose the thought that protects movement quality.

3. **PLANNED BREAKS**

   Especially Wall Balls, grip and lunges.

4. **FUEL AND FLUIDS**

   Exact products and timing you have already practiced.

5. **IF THE PLAN BREAKS**

   Slow down, fix the next decision, keep moving forward.

MY RACE-WEEK RULE

You should reach the start line wanting to do more - not wishing you had recovered more.

BUILD YOUR FIRST-RACE PLAN

Write short answers. The plan must still make sense when you are tired.

EVENT / CITY: _____ **START TIME:** _____

DIVISION: _____ **RACE DATE:** _____

RACE PART	MY SIMPLE PLAN	BACKUP IF IT FEELS HARD
Runs 1-2		
Runs 3-4		
Runs 5-6		
Runs 7-8		
SkiErg		
Sled Push / Pull		
Burpee Broad Jump		
Row		
Farmers Carry / Lunges		
Wall Balls		

THREE GOALS

A goal: Best realistic outcome.
B goal: Clean execution and strong finish.
C goal: If the day is difficult, stay composed and complete the race safely.

My goals: _____

MY RESET SENTENCE

Choose one sentence you can use after a mistake or hard station.

Example: "The last minute is gone. Win the next decision."

Mine: _____

RACE-DAY CHECKLIST

Pack the night before. Race morning should feel boring and organized.

MUST BRING

- [ ] Government-issued photo ID
- [ ] Registration confirmation
- [ ] Race shoes and familiar socks
- [ ] Race clothing and warm layer
- [ ] Phone and charger for before / after
- [ ] Payment method and transport plan

RACE KIT

- [ ] Wristband visible after check-in
- [ ] Timing chip secured on ankle
- [ ] Permitted knee sleeves / gloves if used
- [ ] Hair ties or sweatband
- [ ] Change of clothes
- [ ] Simple post-race snack

BEFORE BAG DROP

- [ ] Bathroom
- [ ] Final familiar snack if planned
- [ ] Small sips of fluid
- [ ] Check station order once
- [ ] Confirm IN / OUT and lap count
- [ ] Set watch screen if using one

BEFORE START TUNNEL

- [ ] Warm-up complete
- [ ] Shoelaces secure
- [ ] Timing chip still on ankle
- [ ] One cue for first run
- [ ] One cue for SkiErg
- [ ] Enter tunnel 10 minutes before start

LEAVE THESE BEHIND

Headphones, phone during the race, body camera, personal chalk and anything not specifically permitted. If you need a phone near you for an approved medical device, contact the event team before race day for authorization.

WHAT TO USE NEXT

YOU KNOW THE PATTERN.
NOW MAKE EACH DECISION EASIER.

Use the Resources Hub in this order. You do not need to open everything at once. Pick the resource that answers the next problem in front of you.

1

8 STATION CUES

Use before your final station sessions. Pick one cue per station.

2

BEGINNER FUEL PLAN

Practice breakfast, pre-race carbohydrate and fluids before race week.

3

RACE WEEK BASICS

Reduce fatigue, protect recovery and finalize the plan calmly.

4

WARM-UP + RACE MORNING TIMELINE

Know what to do from breakfast to the start tunnel.

5

RACE-DAY CHECKLIST

Pack, check in and avoid preventable stress.

6

RULES + PENALTY TRAPS

Run one final result-protection check before race day.

FINAL REMINDER

Your job is not to feel perfect at every point. Your job is to keep making the next useful decision. Run, settle, station, reset, repeat.

SOURCE AND SCOPE

Race format, current Singles loads, movement anchors, event-day requirements and penalty summaries were reviewed against the official HYROX Singles Rulebook, Season 26/27 on 10 August 2026. Event layouts and operational instructions can vary; your athlete guide, venue map, race briefing and judge instructions govern your event.

Official rulebook: maintain.hyrox.com/rulebooks/HYROX_RulebookSingles_EN.pdf
Official rulebook hub: hyrox.com/rulebook/

WPL pacing, fueling and execution notes are coaching guidance from Warrior Performance Lab. HYROX is a registered trademark. This independent resource is not an official HYROX rulebook. Photography supplied by Warrior Performance Lab.