HYROX race debrief worksheet

Use official results and your notes to keep what worked and choose one useful change. A slow split shows where time was spent; it does not explain the cause. For Singles, Doubles or comparable simulations.

01 RECORD THE RACE

Athlete or team

Event and location

Race date

Format and division

Partner, if Doubles

Race / simulation

Official finish time

Watch time (optional)

Penalties in finish? Yes / No / Unclear

Official result link or saved result reference

Penalties / result corrections shown

Course, conditions or equipment differences

Use the result page's timing labels. Record times as shown; use a dash for missing data. Do not add penalties twice or force totals to match. Recheck later result amendments; ask the organizer about missing or implausible data.

02 EIGHT RUNS

Record elapsed splits, not assumed kilometre pace. Check course and timing layout before converting a split to pace. Read each station with the run that follows it.

Run	Follows	Split mm:ss	What happened / how it felt
1	Start		
2	SkiErg		
3	Sled push		
4	Sled pull		
5	Burpee broad jumps		
6	Row		
7	Farmers carry		
8	Sandbag lunges		

Where did a meaningful change begin, and what happened just before it?

Stations and transitions

Use the work and loads for your division; note simulation changes. For Doubles, station time is the team result. Record observable breaks, no-reps and exchanges before proposing an explanation.

03 EIGHT STATIONS

Station	Split mm:ss	What happened: breaks, no-reps, rhythm	Doubles share / simulation change
SkiErg			
Sled push			
Sled pull			
Burpee broad jumps			
Row			
Farmers carry			
Sandbag lunges			
Wall balls			

04 ROXZONE AND THE WHOLE RACE

Copy totals only when reported clearly. Roxzone includes travel and decisions; consider venue layout, aid stops and race format. Some stops are useful or necessary.

Run total

Station / workout total

Roxzone total

Other categories / gaps

Hesitation, wrong turns, adjustments or aid stops?

Which stops helped? What could I rehearse?

One station-and-next-run sequence to investigate

Doubles: effect of work share on our shared run

Keep typed notes brief. Save your completed copy and check Print Preview; use a training log for longer observations.

Choose the next useful step

Use repeated observations to guide decisions. Compare races cautiously when the venue, division, partner or conditions differ. A station rank alone cannot diagnose a strength or fitness limitation.

05 KEEP WHAT WORKED

One choice, skill or preparation habit to repeat

What in the record supports that choice?

06 SEPARATE OBSERVATION FROM EXPLANATION

What I observed, with the relevant split or race note

One possible explanation to test

Other explanations: course, traffic, penalties, share

07 CHOOSE ONE PRIORITY

My next training priority

One change to test, when recovered and within my training plan

Keep similar: equipment, surface, work, rest, effort

Record: station + run time, breaks, effort, quality

Review date and coach / partner

Test outcome: Keep / Adjust / Retest, with reason

Bring this worksheet to your next coaching review. Revisit the same question after your planned test; record what changed before choosing the next step.

SOURCES AND SCOPE Adapted from WPL Race Prep Resources Pack, pp. 40-44, and the Hub answer below. Race structure checked against HYROX Singles and Doubles Season 26/27 on 21 October 2026. Independent WPL coaching resource; not an official HYROX document or validated diagnostic test. Check current event instructions.

WPL: What should I learn from my race splits? | HYROX Singles rulebook | HYROX Doubles rulebook