WARRIOR
PERFORMANCE LAB

ADVANCED ATHLETE
FIELD GUIDE

HYROX PRO

TECHNIQUE & RACE EXECUTION



ALL EIGHT STATIONS + RUNNING

AYDA PAGE

Level 2 HYROX Performance Coach | Master Trainer
A.S. in Integrative Nutrition

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Train the change. Prove the transfer.

A working guide for athletes preparing for Women Pro or Men Pro Singles.

A useful technique change must do more than look tidy in a fresh drill. It must preserve valid work at your chosen load and remain useful when running and fatigue are added. This guide gives you a way to test that change before making it part of your race plan.

01 / Choose

Start with one station and one observable problem. Read its technique page, then use the fault-and-fix page.

02 / Practice

Select one cue and the simplest drill that addresses the problem. Keep the task measurable.

03 / Confirm

Retest under matched conditions. Keep, adapt or reject the change using the full sequence result.

WHO THIS IS FOR

Athletes already building the strength, endurance and movement capacity for Pro loads. Pro is a race division, not a guarantee of Elite status. If the required load prevents repeatable execution, scale the practice task and develop the missing capacity before adding race density.

READ THE LABELS

Race standard: a selected requirement from the official rulebook.
Technique option: an athlete-dependent way to execute the task.
Training example: a proposed WPL practice dose, not a validated universal prescription.

Ayda Page
Level 2 HYROX Performance Coach | Master Trainer
A.S. in Integrative Nutrition
Stability, Mobility & Strength Specialist
Founder, Warrior Performance Lab

Educational training guidance for WPL athletes and coaches. Adapt with your coach and current capacity. Stop a drill for new or worsening pain, dizziness or loss of control. This independent publication is not an official HYROX rulebook or medical advice. © 2026 Warrior Performance Lab.

Find your next focus

Tap a section title in the PDF. Each station has a technique page and a correction page.

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Know the Pro demand

Women Pro and Men Pro Singles | Official 26/27 rulebook checked 22 November 2026.

THE RACE SEQUENCE

Eight designated 1 km runs, each followed by its station. Count the venue-specific laps. Roxzone and station travel add distance beyond the designated running. [R1]

ORDER / STATION	WOMEN PRO	MEN PRO
01 SkiErg	1,000 m	1,000 m
02 Sled push	50 m / 152 kg	50 m / 202 kg
03 Sled pull	50 m / 103 kg	50 m / 153 kg
04 Burpee broad jumps	80 m	80 m
05 Rowing	1,000 m	1,000 m
06 Farmers carry	200 m / 2 x 24 kg	200 m / 2 x 32 kg
07 Sandbag lunges	100 m / 20 kg	100 m / 30 kg
08 Wall balls	100 / 6 kg / 2.70 m	100 / 9 kg / 3.00 m

- Sled figures include the sled. Each sled station is four 12.5 m lengths. Carry loads are per kettlebell.
- The women's wall-ball target remains 2.70 m. Do not infer target height from an equivalent load in another division.
- Complete every length, lap and station. A missed work segment is not an acceptable pacing tactic.

Selected requirements are summarized throughout this guide; the complete current rulebook and event briefing remain authoritative. Open the official Singles rulebook. [R1, pp8,22-36]

Assess what changes under fatigue

Observe the task, identify its cost, and make the comparison repeatable.

STEP	WHAT TO DO
1 / Ask	Choose one question: does rowing rate rise without useful output, or do wall-ball misses cluster late in each set?
2 / Baseline	After warm-up, film 15-20 seconds at the intended load or output. Record valid work and effort.
3 / Preload	Use a familiar, defined run or short sequence. Record distance, pace and recovery; "very tired" is not a test protocol.
4 / Repeat	Film early and late work from the same angle. Keep equipment and the target task consistent. Match speed when comparing running clips.
5 / Interpret	Describe what changed: extra pause, slipping grip, missed target, early arm bend. Connect it to errors, output or sequence time.
6 / Retest	Change one cue or demand. Repeat on another day if accumulating fatigue makes the comparison unfair.

Stable

The chosen pattern and task result remain repeatable.

Changed / no clear cost

A visible change appears, but the task remains effective. Keep observing.

Changed / task cost

Errors, stalls or poorer output appear. This is a candidate for intervention.

A phone video cannot identify muscle activation, diagnose an injury or directly measure joint loading. These categories organize coaching observations; they are not clinical scores. Compare the athlete with their own baseline. [E2; WPL coaching application]

A cue earns its place

Use the smallest instruction that improves the problem you actually observed.

SIMPLIFY

Reduce load, speed or complexity until the athlete can repeat the intended action.

INTEGRATE

Restore the full movement, then its load or speed. Check that a new problem has not appeared.

TRANSFER

Add a controlled run or preceding station. Compare the complete sequence.

CHOOSE ONE OUTCOME

Define success before the drill: fewer invalid reps at similar time, the same erg output with a repeatable stroke, or fewer stops without slowing the following run. "Better form" needs a task measure.

TEST WITH AND WITHOUT THE CUE

Later, repeat a short trial without a reminder. If the change disappears, use more simple practice before increasing fatigue. An immediate response while concentrating is not yet a retained skill.

DECISION	USE WHEN
KEEP	The intended change is retained, work remains valid, and the sequence result is repeatable.
ADAPT	One part improves but another worsens, or the athlete needs constant reminders. Simplify or change the cue.
REJECT	The cue has no useful effect, creates a new problem or makes the target task consistently worse.

PROGRESS ONE VARIABLE

Change load, duration, speed, recovery or preceding fatigue one at a time. There is no mandatory percentage slowdown, cadence or breathing count for every athlete.

Running: reset, then settle

Protect repeatable running while adapting to the demand you have just completed.

USE YOUR OWN RUNNING BASELINE

Look for a change that accompanies a task cost: an avoidable surge, repeated walking, overreaching steps, or upper-body tension that disrupts your normal rhythm. Fatigue can change movement in different ways; a visible difference alone does not establish an injury mechanism. [E2]

OBSERVE	TRY ONE CHANGE	CHECK THE RESULT
Reaching far forward while pace falls	Let the steps become a little shorter and settle into your familiar rhythm.	Compare the same speed and run-out distance; do not force a universal cadence.
Shoulders and hands stay tense after carrying	Release unnecessary hand tension and let the arms swing comfortably.	Can you settle without exaggerating posture or pulling the shoulders rigidly back?
First 100-200 m is an unsustainable surge	Use a rehearsed, controlled exit and build toward the intended run rhythm.	Compare the whole kilometer and later repeats, not only the opening section.

EXAMPLE PRIMER: 8-12 MINUTES

Easy running, then 3-4 relaxed 15-20 second strides with ample walking or easy jogging between. Add a brief familiar drill if it helps the chosen cue. Finish prepared, not fatigued. Use within the existing warm-up, rather than adding extra hard volume.

RETEST THE EXIT

Use the same station dose before a measured 400-600 m run. Record the opening 200 m, remainder, unplanned walking and effort. Compare both the run and the work that preceded it. If the first split improves only because the station was easier, record that trade-off.

Pace the whole sequence

A station personal best is useful only when it fits the complete performance.

STATION

Include working time, planned breaks, unplanned stops and invalid attempts.

TRANSITION

Define exactly where the station ends and the measured run begins.

NEXT RUN

Measure the opening segment and the remainder with the same boundaries.

YOUR COMPARISON

Sequence time = station + transition + following run

ESTABLISH A WORKING RANGE

Use recent valid work at the relevant load to choose an achievable starting strategy. Test one alternative. Keep the run-in, equipment and recovery close enough for a useful comparison. An isolated 1 km run best does not automatically predict an appropriate HYROX run split.

CHOOSE THE DEFAULT BEFORE RACING

Decide which effort you can repeat, what deterioration would trigger an adjustment, and what that adjustment will be. Examples include a less aggressive erg opening, a deliberate sled reset, a shorter wall-ball set or a brief controlled carry break.

WORKED EXAMPLE

Strategy B saves 8 seconds on a station but costs 12 seconds on the next run. With the same transition, the sequence is 4 seconds slower. That arithmetic identifies the trade-off; it does not prove the station caused all of it. Repeat the comparison before changing the race plan.

Research context: a small simulated Open-division study makes running and accumulated station demands relevant topics, but does not establish an optimal Pro pacing strategy. The comparison method here is a coaching application. [E1]

SkiErg

Connect the whole stroke.

Build a rhythm you can reproduce after running. Use the next pages to test technique, output and the cost of the exit.



RACE PHOTOGRAPHY / MOVEMENT IN CONTEXT

SkiErg

Build repeatable power and leave enough upper-body capacity for the sleds that follow.

PRO REQUIREMENT

1,000 m | Women Pro + Men Pro

01 / Set the return

Stand in a position that lets the handles return smoothly without pulling you off balance. Let the arms rise as the hips extend. Reach only as far as you can reverse into the next stroke with control.

02 / Connect the drive

Start the downward action through the trunk and hip hinge, with soft knees. Let the arms transmit and finish the effort. A deeper squat is not automatically a stronger stroke; watch whether it delays your next return.

03 / Keep the rhythm

Finish beside the thighs, then release unnecessary hand and shoulder tension. Settle into a stroke rhythm you have tested after running. Judge the pattern by stable output and the next station, not by how forceful one pull feels.

UNDER FATIGUE

Notice whether rate rises while average power falls.

Look for an arm-dominant pull or a progressively deeper knee bend.

Check whether your return becomes rushed before your split deteriorates.

TRACK

Average split and stroke rate

Final 250 m versus first 250 m

Grip/arm effort and next-run response

ONE CUE TO TEST

Hinge. Finish. Return.
Use when the movement becomes an arm pull or a deep squat. Keep the cue if the video and output improve.

RACE STANDARD / Foot contacts stay on the platform. Jumping is permitted. After 1,000 m, stand with both feet on it and await judge clearance. [R1, p26]

SkiErg: diagnose + develop

Example practice doses. Select the relevant progression; do not stack all three into one session.

ARMS FATIGUE EARLY

Check: Compare easy strokes with harder strokes. Does the hinge disappear as effort rises?
Try: Reduce the output briefly and reconnect the trunk-led drive before adding rate.

MORE STROKES, LESS SPEED

Check: Watch for a shortened drive, a rushed return, or overreaching at the top.
Try: Use a repeatable range and smooth return. Compare equal-duration efforts at the same target output.

FAST OPENING, COSTLY EXIT

Check: Compare the final quarter and the following run with your controlled opening trial.
Try: Choose a less aggressive first 250 m, then reassess the whole sequence rather than the SkiErg split alone.

PROGRESS THE TASK

01 / REHEARSE

3 x 45 seconds easy; 45 seconds easy recovery.
Use one cue and a side-view clip. Keep the drive and return distinct without pausing between strokes.

02 / STABILIZE

4 x 250 m at a repeatable effort; 60-90 seconds recovery.
Log split, rate and arm effort. Start conservatively enough that all four repetitions remain technically comparable.

03 / TRANSFER

3 rounds: 400 m run + 250 m SkiErg + 200 m run.
Recover 2-3 minutes between rounds. Compare the final run and cue retention; these are examples, not required race paces.

MATCHED RETEST

Repeat the same run-in, damper setting or recorded drag factor, 500 m SkiErg effort and 400 m run-out on another comparable day. Keep the correction only if mechanics improve without a worse combined time or disproportionate effort. Extend toward full race distance after shorter trials are repeatable.

Sled push



Pressure. Traction. Progress.

The next pages separate usable leverage, repeatable steps and the cost of each restart. Race imagery does not replace the stated division loads.

RACE PHOTOGRAPHY / MOVEMENT IN CONTEXT

Sled push

Keep pressure moving through the sled while protecting the next run from unnecessary fatigue.

PRO REQUIREMENT

50 m | Women Pro 152 kg | Men Pro 202 kg | Total including sled

01 / Find usable leverage

Choose a hand height and torso angle that let you keep firm contact and breathe between efforts. Your preferred position may change with traction and resistance. Test positions on the actual training surface instead of copying another athlete's shape.

02 / Connect each step

Drive through short, deliberate steps that keep the sled moving. Avoid reaching so far that a foot slips or the hips rise away from the handles. Maintain a stable trunk while the legs cycle underneath you.

03 / Finish the length

Keep pushing through the line rather than easing off early. Reposition with a rehearsed route and reset your hands before the next drive. If a stop is needed, make it deliberate and brief enough to preserve your planned restart.

UNDER FATIGUE

Watch for progressively higher hips or a collapsing elbow position.

Separate a traction problem from a strength or pacing problem.

Count stalls and restart time, not only the fastest uninterrupted length.

TRACK

Each length and turn time

Stalls, slips and restart time

Time and control in the run-out

ONE CUE TO TEST

Keep pressure through the handles.
Use when your body moves but the sled repeatedly stops. Check contact and traction before demanding more effort.

RACE STANDARD / Complete all four 12.5 m lengths with the entire sled across each line. [R1]

Sled push: diagnose + develop

Example practice doses. Select the relevant progression; do not stack all three into one session.

FEET SLIP

Check: Check floor contact, shoe grip and step reach before assuming the load is too heavy.
Try: Shorten the reach and test a position that keeps pressure into the floor. Reduce training resistance if needed.

HIPS RISE, PRESSURE DISAPPEARS

Check: Film the first and final few steps of each length from the side.
Try: Reset the hand-body relationship and reduce the uninterrupted distance until the chosen position is repeatable.

THE FIRST LENGTH WINS; LATER LENGTHS STALL

Check: Compare all lengths, stops and the following run. Avoid using only the opening split.
Try: Try a more controlled first length and a planned reset between lengths, then compare total sequence cost.

PROGRESS THE TASK

01 / REHEARSE

6 x 6-8 m at manageable resistance; full walk-back recovery.
Test one position change at a time. Stop the trial if repeated slipping makes it uninformative.

02 / STABILIZE

4 x 12.5 m; recover 60-120 seconds between lengths.
Use the same sled, surface and loading. Build consistent mechanics before shortening recovery or adding resistance.

03 / TRANSFER

2-3 rounds: 500 m run + 25 m push + 300 m run.
Recover 3-4 minutes. Use a controllable resistance; progress toward division demand without stacking every difficulty at once.

MATCHED RETEST

Repeat 2 x 12.5 m plus a standardized 400 m run-out using the same setup. Record sled model, total mass, surface, shoes, lane splits and stops. Compare across days only when those conditions are close. Equal kilograms on different turf do not make equivalent tests.

Sled pull

Turn each rope action into sled travel and control the rope before it controls your rhythm.

PRO REQUIREMENT

50 m | Women Pro 103 kg | Men Pro 153 kg | Total including sled

01 / Organize the workspace

Start with a stable stance inside the marked working area. Notice the rope path and where slack will collect. Rehearse a pattern that keeps your feet clear and the next hand placement predictable, especially when breathing is hard.

02 / Connect before pulling

Create tension before a strong pull. Use the arms and trunk together, with a stance that lets you contribute through the legs. Avoid repeatedly yanking slack with bent wrists or allowing the shoulders to be pulled forward without control.

03 / Reset with purpose

Use a pull-and-reset rhythm that fits the permitted space. A longer pull is useful only if the reset remains efficient. Choose the style you can repeat under load, then practice changing ends without crossing or standing on the rope.

UNDER FATIGUE

Notice grip changes before the rope starts slipping.

Watch whether extra body movement creates actual sled travel.

Track time lost to rope handling separately from pulling time.

TRACK

Length times and effective pulls

Rope-handling interruptions

Grip effort before farmers carry

ONE CUE TO TEST

Take tension. Pull. Clear.
Use when slack yanks, rushed regrips or rope clutter interrupt the sequence. Reset the workspace before increasing speed.

RACE STANDARD / Pull standing. Do not step on the box's front/back solid lines while holding the rope. Clear each line with the whole sled. [R1, pp27-28]

Sled pull: diagnose + develop

Example practice doses. Select the relevant progression; do not stack all three into one session.

HANDS SLIP OR WRISTS FOLD

Check: Check grip placement, rope condition and the change from fresh to fatigued pulls.
Try: Use a secure neutral-wrist grip and lower training resistance until the rope stays controlled.

LARGE EFFORT, LITTLE SLED TRAVEL

Check: Look for slack before the pull or a body swing that finishes before tension develops.
Try: Establish tension first. Compare shorter connected pulls with your usual longer pull at the same resistance.

ROPE PILES INTERRUPT THE SET

Check: Time the interruptions. Check whether your feet move into the accumulating slack.
Try: Rehearse a consistent slack-placement pattern and a clear foot zone before adding running fatigue.

PROGRESS THE TASK

01 / REHEARSE

4 x 20-30 seconds at light resistance; 60 seconds recovery.
Focus on tension, regripping and slack management. Video a whole pulling area, not only the upper body.

02 / STABILIZE

4 x 12.5 m at controllable resistance; 90-120 seconds recovery.
Record pull count and interruptions. Do not chase fewer pulls if the stance or rope control deteriorates.

03 / TRANSFER

2-3 rounds: 400 m run + 25 m pull + 200 m run.
Recover 3-4 minutes. Keep the setup constant and observe whether the same rope pattern survives the run-in.

MATCHED RETEST

Use a fixed lane and rope arrangement for two lengths, preceded by the same run-in. Compare length time, pull count, handling delays and a short run-out. Keep a style change only when it improves the complete sequence while staying within the marked area and preserving control.

Burpee broad jumps

Make legal, repeatable cycles and select a jump length you can sustain across the full distance.

PRO REQUIREMENT

80 m | Women Pro + Men Pro

01 / Set the floor position

Start each section with hands behind the white line and chest down. For later repetitions, place your hands deliberately and lower to clear chest contact. Keep hands fixed and preserve your reference point after landing.

02 / Prepare a usable takeoff

Bring the feet into a position from which you can jump forward without a corrective shuffle. The fastest-looking stand-up is not useful if you must pause to find balance. Keep the movement sequence consistent from the first repetition.

03 / Land to repeat

Choose a broad-jump distance that lets you land under control and begin the next burpee. An extra-long jump can save a repetition yet cost more in the landing and floor transition. Compare total travel time rather than jump distance alone.

UNDER FATIGUE

Watch for extra steps or widening foot stagger as you tire.

Compare floor-transition time with time spent preparing each jump.

Notice whether landings become louder, unstable or increasingly paused.

TRACK

Time and repetitions per 10 m

Floor and landing pauses

Errors and effort at the final 20 m

ONE CUE TO TEST

Land ready for the next rep.
Use when jump distance is impressive but the next burpee stalls. Trial a slightly shorter, more repeatable jump.

RACE STANDARD / Chest contacts the floor. Both feet take off and land simultaneously, with at most 5 cm front-back stagger. No extra steps. [R1, pp29-30]

Legality detail: hands no more than 30 cm ahead of front toes (to palm base); no hand creep. Feet must not pass fingertips on the exit. Both feet must fully clear the section line. Step-up or jump-up from the floor is permitted. [R1, pp29-30]

Burpee broad jumps: diagnose + develop

Example practice doses. Select the relevant progression; do not stack all three into one session.

LONG JUMPS CREATE LONG PAUSES

Check: Compare two 10 m trials using maximal-looking versus repeatable jump lengths.
Try: Shorten the jump enough to connect the landing and floor transition. Keep the faster legal cycle.

EXTRA STEPS APPEAR UNDER FATIGUE

Check: Use side-view slow motion to inspect foot placement around every takeoff and landing.
Try: Rehearse short legal sequences at reduced speed. Increase density only while the same pattern is retained.

BREATHING AND TRANSITIONS UNRAVEL

Check: Check whether the opening 10-20 m is much faster than later segments.
Try: Settle into a sustainable opening rhythm and allow an organized reset instead of rushing repeated invalid movements.

PROGRESS THE TASK

01 / REHEARSE

4 x 3-4 repetitions; 45-60 seconds recovery.
Review hand position, chest contact and feet. Choose one correction before adding fatigue or distance.

02 / STABILIZE

4 x 10-15 m; 60-90 seconds recovery.
Log repetitions and time. Seek repeatable cycles rather than the longest jump or the lowest repetition count.

03 / TRANSFER

3 rounds: 400 m run + 20 m burpee broad jumps.
Recover 2-3 minutes. Progress distance or reduce recovery only after legality and landing control remain consistent.

MATCHED RETEST

Compare two matched run-in plus 20 m trials on separate days, then extend toward 40 m as appropriate. Record time, repetitions, invalid movements and a 200-400 m run-out. Do not accept a quicker station time achieved through incomplete chest contact, extra steps or an unstable landing pattern.

Rowing



Power that carries forward.

A productive rowing split belongs inside the full race sequence. Review the drive, recovery and running that follows.

RACE PHOTOGRAPHY / MOVEMENT IN CONTEXT

Rowing

Produce repeatable rowing power while preserving leg capacity and composure for the next running kilometer.

PRO REQUIREMENT

1,000 m | Women Pro and Men Pro

01 / Connect at the catch

Set footplates and straps before chasing output. Approach the catch with straight arms and a forward hip hinge; shins approach vertical within your comfortable range. Establish foot pressure without reaching farther by rounding the lower back.

02 / Sequence the drive

Initiate with the legs, then open the hips and finish with the arms. Guide the handle toward the lower ribs, wrists flat and shoulders relaxed. Build pressure progressively rather than snatching from the catch.

03 / Recover and exit deliberately

Extend the arms, hinge forward, then bend the knees once the handle clears them. Return the seat smoothly without rushing. Maintain the chosen effort through completion; remain seated until the judge confirms the distance.

UNDER FATIGUE

The seat moves before the handle, leaving the drive disconnected and heavy.

A hurried recovery reduces catch control while the split continues to slow.

Tight shoulders and excessive squeezing add tension without improving the split.

TRACK

Average split and total station time

Pace drift across four 250 m segments

Effort and pace on the following run

ONE CUE TO TEST

Legs first. Smooth hands home.
Use this when early arm pulling interrupts leg drive; rehearse several controlled strokes before rebuilding pressure at your chosen effort.

RACE STANDARD / Remain seated until 1,000 m is completed and the judge confirms that you may leave. [R1, pp. 30-31]

Rowing: diagnose + develop

Example practice doses. Select the relevant progression; do not stack all three into one session.

SEAT MOVES BEFORE THE HANDLE

Check: Film a side view at manageable effort; compare when the seat and handle begin moving.
Try: Reduce pressure, practice a few connected leg drives, then blend them into the full stroke.

ARMS PULL BEFORE LEGS DRIVE

Check: Observe the first half of several drives rather than judging one fatigued or awkward stroke.
Try: Use lighter strokes with straight arms initially, then restore the hip swing and arm finish.

STROKE FREQUENCY RISES, PACE FALLS

Check: Compare pace, stroke count and perceived effort across matched intervals using the same machine settings.
Try: Reduce urgency on the slide and rebuild a sustainable rhythm before increasing drive pressure again.

PROGRESS THE TASK

01 / REHEARSE

4 × 250 m at controlled effort; recover 60-90 seconds.
Preserve the stroke sequence throughout. Record the split and one technical observation; change only one cue on the next effort.

02 / STABILIZE

3 × 500 m at repeatable effort; recover approximately 2 minutes.
Select a sustainable target from recent training. Compare the first and last interval; adjust output if technique deteriorates or recovery becomes harder.

03 / TRANSFER

2 rounds: 400 m run, 500 m row, 200 m run; recover 3 minutes.
Use controlled race preparation effort. Evaluate the final run alongside the row; reduce station output when faster rowing produces disproportionately slower running.

MATCHED RETEST

Repeat the distance, machine settings, warmup and preceding workload. Record time, segment splits, effort and the following run. Compare video at similar points. Improvement means dependable rowing with acceptable running cost; a faster isolated row alone does not demonstrate better racing.

Farmers Carry



Secure hands. Controlled travel.

A detail view of the carry: grip, bells and foot placement. Use the technique pages for the complete movement and division requirements.

RACE PHOTOGRAPHY / MOVEMENT IN CONTEXT

Farmers Carry

Move the bells through the course while preserving secure grip, controlled turns and running readiness.

PRO REQUIREMENT

200 m | Women Pro: 2 × 24 kg | Men Pro: 2 × 32 kg

01 / Own the pickup

Stand between the bells and establish a comfortable, secure handle position. Brace sufficiently, drive through the floor and stand with both implements controlled. Grip firmly enough to prevent slipping without squeezing as hard as possible from the start.

02 / Walk with stable loading

Carry both bells with arms extended beside the body. Find a repeatable walking stride that limits swinging and lets you see the route. Control the trunk without forcing rigid posture or aggressively pulling the shoulders downward.

03 / Manage turns and setdowns

Slow before tight turns, guide the bells through the change of direction and accelerate smoothly. If grip deteriorates, set both bells down under control without gaining distance. Finish by returning them to the correct box, handles upright.

UNDER FATIGUE

Bell swinging disrupts the stride, especially when approaching turns too quickly.

Fingers progressively open, making an unplanned drop more likely.

Persistent trunk leaning and shortening steps suggest the load or bout needs adjustment.

TRACK

Total course time, including every setdown

Number and duration of grip breaks

Turn control and subsequent running pace

ONE CUE TO TEST

Secure hands. Quiet bells. Walk.
Use this when excess squeezing or swinging disrupts progress; restore a secure hold and controlled steps before rebuilding walking speed.

RACE STANDARD / Carry both bells with extended arms; set down without forward advancement and return them with handles upright. [R1, pp. 31-32]

Farmers Carry: diagnose + develop

Example practice doses. Select the relevant progression; do not stack all three into one session.

BELLS SWING INTO THE LEGS

Check: Observe stride width, arm position and entry speed into turns before assuming a grip limitation.
Try: Slow the approach, shorten the turning steps and resume your normal stride after both bells settle.

TORSO LEANS, BELLS HANG UNEVENLY

Check: Check handle position and pickup symmetry, then compare a shorter bout with the same load.
Try: Reset the pickup and shorten training bouts; reduce load if symmetrical control cannot be maintained.

GRIP FAILS AFTER FAST OPENING

Check: Review early hand tension and the point where fingers began opening during previous successful attempts.
Try: Use a secure grip and rehearse earlier controlled setdowns, then measure whether total course time improves.

PROGRESS THE TASK

01 / REHEARSE

4 × 25 m with manageable bells; recover 90 seconds.
Practice a consistent pickup and controlled return. Finish while grip remains secure; assess swinging and posture before adding distance or load.

02 / STABILIZE

3 × 50 m with planned turns; recover 2 minutes.
Use the intended training load and compare turn entry speeds. Rehearse setdowns if needed; judge elapsed time rather than insisting on uninterrupted carrying.

03 / TRANSFER

3 rounds: 400 m controlled run, 100 m carry; recover 2 minutes.
Keep the run repeatable and time all carry pauses. Adjust distance or load if hand security or controlled turns deteriorate across rounds.

MATCHED RETEST

Use the same bells, course, turn direction, footwear and preceding workload. Time the complete carry, including pickups and rests, then record the next run. Note grip breaks and lost control. Fewer breaks matter only when execution and total task time improve.

Sandbag Lunges



Every step must count.

Race context: this photograph includes 10 kg bags. It does not depict Pro loading. Women Pro use 20 kg; Men Pro use 30 kg. Apply the current standards on the following pages.

RACE PHOTOGRAPHY / MOVEMENT IN CONTEXT

Sandbag Lunges

Maintain valid alternating lunges through fatigue while controlling the bag, step length and standing finish.

PRO REQUIREMENT

100 m | Women Pro: 20 kg | Men Pro: 30 kg

01 / Set the load and step

Place the bag securely across both shoulders and start standing tall behind the line. Choose a step length allowing controlled knee contact and a reliable return to standing. Keep the bag supported across both shoulders throughout the station.

02 / Lower with control

Lower until the trailing knee clearly touches the floor. Control the descent rather than dropping onto the knee; keep the loaded trunk organized over your base. Adapt step length to your proportions; no particular shin angle is compulsory.

03 / Finish and alternate

Extend hips and knees fully before the next alternating lunge. Avoid walking steps or shuffles between repetitions. Finish each lane with the lead foot fully beyond the line; place both feet behind the next section's start before lunging across.

UNDER FATIGUE

The next lunge begins before the athlete reaches full standing extension.

Knee contact becomes abrupt and longer steps begin to undermine control.

The bag slides onto one shoulder, increasing adjustments and disrupting alternating repetitions.

TRACK

Time for a fixed measured distance

Valid repetitions and step consistency

Bag position and subsequent running effort

ONE CUE TO TEST

Touch down. Stand tall. Alternate.
Use this when fatigue shortens the standing finish; reduce urgency until every repetition clearly includes knee contact and full extension.

RACE STANDARD / Alternate knee touches and full standing extension; no intermediate steps; keep the bag supported across both shoulders. [R1, pp. 32-33]

Sandbag Lunges: diagnose + develop

Example practice doses. Select the relevant progression; do not stack all three into one session.

LONG STEPS STALL THE ASCENT

Check: Compare several shorter steps at the same load, observing control and the ability to finish upright.
Try: Select a repeatable step length that permits smooth ascent rather than maximizing distance per repetition.

TRUNK TIPS OR PELVIS SHIFTS

Check: Review front and side video, comparing fresh repetitions with later repetitions at the same load.
Try: Shorten the bout and adjust step length; reduce training load if control cannot be restored.

BAG SLIPS AND INTERRUPTS REPETITIONS

Check: Inspect initial bag placement and handle control before attributing the problem solely to leg endurance.
Try: Reset the bag across both shoulders and practice shorter controlled bouts before increasing continuous distance.

PROGRESS THE TASK

01 / REHEARSE

3 × 6 split squats per side; recover 90 seconds.
Select a load and comfortable range permitting controlled lowering and full ascent. Use this supporting exercise to develop balance before practicing the race movement.

02 / STABILIZE

4 × 10 m with a manageable bag; recover 90 seconds.
Practice knee contact and a clear standing finish. Set the bag down between separate training bouts; during racing, keep it supported across both shoulders.

03 / TRANSFER

3 rounds: 400 m controlled run, 25 m lunges; recover 2 minutes.
Preserve movement standards after running. Reduce distance or load if bag position, knee contact or the full standing finish becomes unreliable.

MATCHED RETEST

Repeat a fixed distance with the same bag, lane, footwear and preceding run. Record time, valid repetitions, bag adjustments and subsequent running effort. Compare early and late repetitions on video. Favor reliable standards and controlled knee contact; faster attempts with incomplete extension do not establish progress.

Wall Balls

Finish with valid work.

Depth, target contact and a reliable restart matter throughout the final station. Build a set plan you have already tested.



RACE PHOTOGRAPHY / MOVEMENT IN CONTEXT

Wall Balls

Complete valid repetitions with planned sets that preserve squat depth, throwing control and station efficiency.

PRO REQUIREMENT

100 reps | Women Pro: 6 kg / 2.70 m | Men Pro: 9 kg / 3.00 m

01 / Establish a reliable setup

Choose a stance and target distance allowing a comfortable squat and repeatable throw. Start standing tall with the ball in both hands. Confirm the correct target and rehearse lowering the hips below the knees without losing balance.

02 / Connect the squat and throw

Rise from the squat and transfer leg drive into a two-handed throw at the correct target. Physical target contact and judge confirmation determine a valid rep, even if a digital screen shows GO. Avoid unnecessary throw height.

03 / Receive and manage sets

Receive the ball close enough to control the next squat. Follow your set plan before fatigue compromises depth or accuracy. After a drop, regain full standing position before starting again; do not catch a floor bounce directly into another repetition.

UNDER FATIGUE

Squat depth decreases as attention shifts toward keeping the ball moving.

Inaccurate throws create extra steps and awkward catches that waste energy.

Long unplanned pauses replace the set strategy after repeated invalid attempts.

TRACK

Time to complete the prescribed valid repetitions

Missed targets and insufficient depth attempts

Set sizes and total planned rest time

ONE CUE TO TEST

Full squat. Drive. Find target.
Use this when accuracy or depth deteriorates; restore a valid sequence, then shorten the next planned set before technique fails.

RACE STANDARD / Squat hips below knees and hit the correct target; after a dropped ball, restart from standing tall. [R1, pp. 34-36]

Wall Balls: diagnose + develop

Example practice doses. Select the relevant progression; do not stack all three into one session.

THROWS FALL SHORT DESPITE EFFORT

Check: Compare leg drive timing, ball position and accuracy during fresh versus fatigued sets at identical load.
Try: Reduce set size and rehearse coordinated leg drive with a manageable ball before restoring race load.

FORWARD STEPS DESTABILIZE THE CATCH

Check: Check starting distance and throw direction across several repetitions instead of changing stance after every miss.
Try: Adjust distance slightly during practice, then use a repeatable setup and a consistent target reference.

OVERSIZED SETS LEAD TO FAILURES

Check: Review the last valid repetition before technique drift and total rest time from previous attempts.
Try: Plan smaller repeatable sets and measured recovery, ending each set before depth or accuracy becomes unreliable.

PROGRESS THE TASK

01 / REHEARSE

6 × 5 accurate repetitions at the correct target; recover 60 seconds.
Use a manageable ball. Establish depth, balance and accuracy before increasing density; treat invalid attempts as feedback and practice the standing restart after drops.

02 / STABILIZE

4 × 12 valid repetitions at consistent load; recover 90 seconds.
Adapt set size to capacity and record misses. Finish before technique drifts; adjust the next session using total time and repetition quality.

03 / TRANSFER

3 rounds: 400 m controlled run, 20 valid wall balls; recover 2 minutes.
Rehearse planned breaks within each bout. Keep target height and standards consistent; scale the ball or repetition count when accuracy becomes unreliable.

MATCHED RETEST

Repeat the same valid-repetition total and preload, using the same ball, target and counting. Log time, sets, rest and misses. Compare the complete station, not the largest opening set.

Make transitions part of the skill

Prepare the next action while completing the current one correctly.

RACE SEQUENCE	PRACTICE DETAIL
Run -> erg	Find the assigned machine, set yourself efficiently, and settle the opening strokes. Rehearse the setup before timing the effort.
Ski -> 1 km run -> push -> 1 km run -> pull	Avoid spending grip and upper-body capacity on an unnecessarily aggressive SkiErg. Practice sled restarts and rope handling as separate skills.
Row -> 1 km run -> carry	Remain seated until the distance and judge clearance are complete. Settle the following run; arrive at the bells ready for a deliberate pickup.
Carry -> run	Place the bells correctly, then let the arms return to a relaxed running action. Count every lap before leaving.
Lunges -> 1 km run -> wall balls	Finish the final lunge and return the bag correctly. Rehearse the final 1 km run, then settle into a controlled stance for the first valid wall ball.

REHEARSE THE ENVIRONMENT

Know the lap count, direction, station entrance and exit, equipment return points and target assignment. On-course movement is constrained by other athletes, judges and venue layout. A smooth training setup is not proof that transition time will be identical on race day.

RULE-SENSITIVE DETAILS

Do not leave an erg before distance and clearance. Do not advance bells while resting them. Keep the sandbag supported on both shoulders during the lunge station. After a bounced wall ball, return to the required standing start. [R1]

Use the Warrior Lab app to prepare and review training before or after competition. Follow the event's device rules on course. [R1, pp38-39]

Execute the plan

Count the full cost.



Every valid repetition and every second off the ball contribute to the result. Compare the complete set strategy, including the restart.

RACE PHOTOGRAPHY / MOVEMENT IN CONTEXT

Wall-ball sets: count the full cost

A smaller set can be faster when it preserves valid repetitions and predictable rest.

Test a work-and-break plan at the correct load, target and depth. Include every attempted repetition and every second off the ball. Local fatigue alone does not tell you whether to shorten or extend a break; judge the next valid repetition and total completion result.

ILLUSTRATIVE PLAN	VALID WORK	PLANNED REST	TOTAL
5 sets of 20	100 x 2.5 s = 250 s	4 x 12 s = 48 s	298 s / 4:58
10 sets of 10	100 x 2.4 s = 240 s	9 x 6 s = 54 s	294 s / 4:54

WHAT THE EXAMPLE DOES AND DOES NOT SHOW

The second plan is 4 seconds faster only under these assumed cycle and rest times. Add misses, retrievals or longer pauses and the result can reverse. The numbers are illustrative, not Pro benchmarks or a promise that smaller sets are best.

CHOOSE A USABLE OPENING SET

Start with a set size you have already repeated under a relevant preload. Decide the first break before the set, then keep the ball controlled and resume from a legal start. Avoid testing a new maximum-sized opening set on race day.

HAVE A DOWNGRADE READY

For example, a planned 20 can become two sets of 10 if valid execution is slipping. The fallback is a rehearsed option, not a fixed rule for every athlete. After a missed rep, correct the actual reason rather than immediately forcing a faster rhythm.

MEASURE RESTART QUALITY

Track the first repetition after a break: standing start, squat depth, trajectory and target contact. If rest gets shorter but each restart costs an extra missed attempt, the density change has not delivered the intended result.

Session A: erg output + the next run

Compare two familiar strategies without turning the session into an all-out race.

THE WORK

4 rounds: 500 m controlled run + 250 m row + 400 m run.
3 minutes of easy recovery between rounds.

Total running	Total rowing	Primary question
3.6 km across the four rounds.	1,000 m across the four rounds.	Does the faster erg choice improve the complete sequence?

BEFORE STARTING

Warm up with easy movement, several progressive strokes and relaxed running. Choose a controlled row strategy A and a modestly faster strategy B that are already familiar. Select an opening run split you can repeat across all four rounds.

RUN A - B - B - A

Keep the opening run and recovery as similar as practical. Use the same repeatable intent on the final 400 m, without a finishing sprint. Record row split, stroke rate, transition time, each 200 m of the run-out, effort and visible execution. Reverse the order in a later matched session.

INTERPRET AND PROGRESS

A promising 250 m comparison does not establish the best pace for a continuous 1,000 m race station. Confirm the result over a longer sequence later. If opening splits or readiness drift too far, end the comparison rather than treating every remaining round as clean evidence.

USE IT WELL

Substitute SkiErg in a separate session if that is the priority. Replace an appropriate existing quality session; do not automatically add this on top of a full training week. Scale work or increase recovery when the intended task cannot be repeated.

Sessions B + C: load into execution

Choose the session that addresses your current limiter.

B / SLED TECHNIQUE INTO RUNNING

THE WORK

4 rounds: 25 m sled push + 400 m run.
3 minutes recovery. Total: 100 m sled work + 1.6 km running.

Use the same sled, surface, direction and load. Choose a resistance that permits the planned position and step pattern. Time the sled, stops and run separately. Film one early and one late round. Compare repeated stalls and run-out cost, rather than rewarding the quickest start.

Adjust: lower resistance or extend recovery if the pattern cannot be repeated. In a future session, substitute sled pull and score rope management. Do not combine both simply to make the workout harder.

C / LATE-RACE SET DECISIONS

THE WORK

3 rounds: 600 m run + 20 m sandbag lunges + 20 wall balls.
3 minutes recovery. Total: 1.8 km run + 60 m lunges + 60 wall balls.

Use familiar loads and current division standards. Preselect a ball plan, such as two sets of 10, and record the planned break. Count valid reps only. Track lunge time, ball work/rest, misses and the first repetition after each break.

Adjust: shorten the next set or allow more recovery if execution is failing. This is a specific transition rehearsal, not full race fatigue. Extend only one element in a later session; do not raise run speed, lunge volume and ball density together.

These are alternative examples for athletes prepared for the demand. Neither is a complete program or a required weekly dose.

A four-week technical block

A planning example to fit inside your current program, not four extra hard weeks.

WEEK	MAIN TASK	PROGRESSION GATE
1 / Establish	Pick one station priority. Record the fresh/fatigued baseline and test one cue in short, low-cost practice.	The athlete can describe the problem and reproduce the intended change.
2 / Stabilize	Repeat brief technique work around existing sessions. Restore useful load or output while keeping the same measurement.	The pattern is retained without constant correction and without a new task cost.
3 / Transfer	Use one controlled sequence from the session library in place of existing similar work.	Valid work and sequence performance stay repeatable under the chosen preload.
4 / Confirm	Repeat the baseline conditions on a comparable day. Include a trial without the cue and decide what comes next.	Keep, adapt or reject based on repeated evidence. A small one-day gain is not enough.

PROTECT THE REST OF THE PLAN

Coordinate this block with running, strength and recovery demands. Heavy sleds, long lunge sets and dense wall-ball work can add substantial load even when described as "technique." Place demanding transfer work where it fits your existing recovery pattern.

IF READINESS IS POOR

Use a simpler rehearsal, reduce the amount of work or postpone the comparison. Illness, unusual soreness, disrupted sleep or a changed surface can make a retest hard to interpret. Record the context rather than forcing a result.

No fixed frequency or progression percentage is implied. Your coach should set the dose from current training history, race timing and response.

Arrive with a plan you have rehearsed

Race week is for making familiar decisions clear.

BEFORE RACE WEEK

Confirm the useful cue, equipment setup and default work/break plan. Save a fallback for each priority station.

AT THE VENUE

Check current briefing, lap count, flow, target assignment and return areas. Adjust to the actual setup.

ON THE START LINE

Use the planned opening effort. Keep the first kilometer from becoming an unplanned test.

WARM UP TO PREPARE, NOT TO PROVE

Use easy movement, familiar dynamic mobility, a few progressive runs and short station rehearsals where access permits. Finish feeling ready rather than fatigued. The exact duration depends on your normal routine, the weather, the start logistics and what equipment is available.

REHEARSE THE TRANSITION IN YOUR HEAD

Picture the final valid repetition, equipment return, station exit and the first controlled steps of the run. Use one short action cue. A long checklist is difficult to retrieve under hard effort; keep the detail in practice and the race instruction simple.

KEEP FUELING FAMILIAR

Use the intake and hydration approach already practiced for your expected race duration and conditions. Do not combine an unfamiliar nutrition experiment with a new pacing or technique strategy on race day.

ADJUST THE ACTUAL PROBLEM

If the movement is invalid, correct the standard. If the setup or traction is wrong, fix the setup. If output is unsustainable, use your rehearsed lower-demand option. New pain or loss of control is a reason to stop and seek appropriate help.

Read the result honestly

Use matched comparisons to guide the next decision.

ILLUSTRATIVE TRIAL	STATION	TRANSITION	NEXT RUN	SEQUENCE
A / controlled	2:40	0:15	2:00	4:55
B / faster station	2:32	0:15	2:12	4:59



Bar key: dark = station; yellow = transition; gray = following run. Example values only.

SEPARATE RESULT FROM EXPLANATION

B is 4 seconds slower. That does not establish why. Check prior work, opening pace, timing boundaries and equipment before attributing the difference to a particular technique.

LOOK FOR REPEATED DIRECTION

Repeat a useful comparison on another comparable day and alternate the order where practical. If differences are within your usual variation, call the result uncertain. Keep observing instead of inventing a precise threshold for improvement.

WRITE THE NEXT ACTION

Retain the controlled opening, shorten a ball set, repeat with a consistent run-in, develop grip separately, or reject the cue. Choose one question for the next session.

A GOOD NOTE IS SPECIFIC

"Kept the handle path more consistent, but the row slowed and the run did not improve. Repeat at the previous output before deciding." This is more useful than "technique fixed."

Your matched-test plan

Type into the fields in a compatible PDF reader, or print and write by hand.

ATHLETE / DIVISION

DATE / SESSION

ONE QUESTION TO TEST

EQUIPMENT / LOAD / SURFACE / ERG SETTINGS

RUN-IN / PRECEDING WORK / RECOVERY

STRATEGY A / CUE

STRATEGY B / CUE

WHAT WILL COUNT AS A USEFUL RESULT?

Keep the comparison interpretable. Use the same timing boundaries and count only valid work. Record readiness and changes in conditions. Compare one variable at a time.

Record the comparison

Use seconds consistently. Sequence = station + transition + following run.

TRIAL	STATION	TRANSITION	NEXT RUN	ERRORS / STOPS
1				
2				
3				
4				

OBSERVED CHANGE / EFFORT / CONDITIONS

KEEP / ADAPT / REJECT - AND WHY

NEXT TEST / WHAT MUST STAY THE SAME

These fields record observations; they do not calculate a score or diagnose technique. Save a new copy for each retest so the prior result remains available.

One cue. One check.

Select only the cues you have tested. This is a reminder, not a replacement for the rules.

TASK	CUE TO TEST	CHECK
Run	Reset, then settle.	The opening surge does not cost the rest of the run.
SkiErg	Hinge. Finish. Return.	Output and rhythm remain connected.
Sled push	Pressure through the handles.	The sled keeps moving with usable traction.
Sled pull	Take tension. Pull. Clear.	Rope path and working area stay controlled.
Burpee jumps	Land ready for the next rep.	Legal cycles and stable landings remain repeatable.
Row	Push, swing, finish.	Rate adds useful output, not just extra strokes.
Farmers carry	Secure hands. Steady steps.	Both bells stay controlled through the route.
Lunges	Touch. Stand. Repeat.	Knee contact and full extension remain clear.
Wall balls	Legs drive. Hit the target.	Depth, contact and restart stay valid.

YOUR PRIORITIES

Choose one or two stations that need a deliberate cue. Let familiar skills remain familiar. If a cue has not improved training, it has not earned a place on race day.

For the complete movement standards and event updates, use the official HYROX rulebook and briefing. Keep this card for pre-race review; follow on-course device and equipment rules. [R1]

Turn the insight into your next block

Use the guide to identify a focus. Use the app to organize the work and follow progress.

01 / Establish your starting point

Record baseline results and choose the station or training quality that deserves attention.

02 / Follow and log the work

Use structured training and available movement-feedback tools. Record your sessions and context.

03 / Return to the test

Retest, compare progress and choose the next focus with your coach when needed.

SCAN TO EXPLORE

EXPLORE WARRIOR LAB

warriorperformancelab.com/app

DOWNLOAD FOR iPHONE

For current features, plans and platform availability, visit the app page. Some features depend on access level; personal coaching is separate. Use the app before and after racing. App information checked 22 November 2026. [A1-A2]

More technique references: HYROX Coaches Hub

Standards and technique sources

References distinguish the race requirements from the coaching examples in this guide.

R1 / HYROX SINGLES RULEBOOK

Season 26/27, checked 22 November 2026. Division loads: p8. Race sequence: pp22-24. Stations: pp26-36. Equipment and device rules: pp36-39. Penalties: pp43-45.
Official Singles PDF | Rulebook update page

RULE INTERPRETATION

This guide selects useful requirements and does not reproduce every exception, penalty, lane diagram or judging instruction. Consult the complete current rulebook and event briefing. A technique choice - hand height, stroke rate, breathing rhythm or break plan - is not automatically an official requirement.

T1 / CONCEPT2: INDOOR ROWING TECHNIQUE

Manufacturer guidance for the connected drive and recovery. It supports the stroke-sequencing discussion; it does not establish a universal HYROX race cadence or output.
concept2.com/training/rowing-technique

T2 / CONCEPT2: SKIERG TECHNIQUE

Manufacturer guidance for the double-pole action, hip contribution and smooth return. The session doses and retest examples in this guide are coaching proposals.
concept2.com/training/skierg-technique

T3 / CONCEPT2: DAMPER SETTING AND DRAG FACTOR

Damper position changes airflow and feel; it is not a universal intensity prescription. Record settings and, where available, drag factor for comparisons. Choose a setup you have tested.
Concept2 damper and drag guidance

All linked sources were checked during preparation. Website content and sport rules can change. This edition uses no invented certification, laboratory validation or guaranteed performance claim.

What the evidence can support

Use research to inform a question, then test the athlete-specific application.

E1 / BRANDT ET AL. (2025)

Acute physiological responses and performance determinants in Hyrox - a new running-focused high intensity functional fitness trend. Frontiers in Physiology, 16:1519240.
The study involved 11 recreational athletes in a simulated Individual Open event. It supports discussion of mixed running/station demands, but its associations do not prove a training intervention works. Open loads and a small sample do not establish Pro pacing benchmarks.
doi.org/10.3389/fphys.2025.1519240

E2 / MAAS ET AL. (2018; ONLINE 2017)

Novice runners show greater changes in kinematics with fatigue compared with competitive runners. Sports Biomechanics.
A treadmill study compared 15 novice and 15 competitive runners. Changes differed by group and variable. This is not a HYROX experiment, an injury-prediction tool or proof of one ideal post-station running pattern.
doi.org/10.1080/14763141.2017.1347193

A1-A2 / WARRIOR LAB

Current product information: Warrior Lab overview and official iPhone listing. These sources support the app description, not a claim that using the app guarantees a race result.

WPL COACHING APPLICATIONS

The cue framework, practice doses, progression gates, worked calculations and worksheets are proposed coaching tools. They have not been validated as a complete Pro training protocol. Numerical examples are illustrative and should not be presented as athlete benchmarks.

Photo edition / November 2026. Covers running and all eight stations, current race standards, technique choices, training examples and reusable field records.

Author: Ayda Page. Branding and race photographs supplied for this edition. Photography illustrates race context; loads shown may differ from Pro requirements. © 2026 Warrior Performance Lab.