

ATHLETE EXECUTION SERIES

HYROX STATION PLAYBOOK

CUES • PACING • QUICK FIXES

Eight station cards, run recovery, doubles calls, logging and race-week decisions.

2026/27 SEASON

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Follow current official rules, event briefings and judge instructions.

START HERE

Use one cue when you are tired

This is an execution guide, not a script to memorize. Choose one start plan, one sustainable cue and one rescue cue before each session.

1 • BEFORE TRAINING
Open the station page. Write your start cue, target rhythm and rescue cue.

2 • FIRST 10-15 SECONDS
Settle posture, breathing and cadence before chasing speed.

3 • WHEN FATIGUE HITS
Use the rescue cue you selected. Do not invent a new strategy mid-station.

4 • AFTER TRAINING
Log what broke first and change one variable for the next rehearsal.

YOUR 30-SECOND STATION PLAN

PROMPT	WRITE THIS BEFORE THE SESSION	EXAMPLE
Start	What will the first 10-15 seconds look like?	Controlled, tall, short steps.
Hold	Which pace, cadence or rep pattern is repeatable?	Calibrated split window or 10-rep chunks.
Rescue	What will you do when the first limiter appears?	Two breaths, smaller step, rebuild rhythm.
Log	Which metric will help the next decision?	Split drift, first pause, turn time or no-rep cause.

WPL RULE
One station = one start cue, one sustainable rhythm, one rescue cue. Keep each short enough to say out loud.

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RACE FLOW

Run • Roxzone • Station • Exit

Station performance starts before you touch the equipment and continues until you are back into a sustainable run rhythm.

RUN IN
Use the final 20-30 seconds to organize breathing, identify the station entrance and recall one cue.

ENTER
Move with purpose, confirm your lane/equipment and set up once. Avoid rushed adjustments.

EXECUTE
Start controlled, hold the trained rhythm and use your pre-selected rescue cue when needed.

EXIT
Complete the required work, leave through the correct route and rebuild run posture before pace.

EFFORT DISTRIBUTION

SEGMENT	INTENT	DO NOT
First 15%	Controlled enough to find position and rhythm.	Sprint because the station feels easy.
Middle 70%	Hold the repeatable output you proved in training.	Chase another athlete's cadence.
Final 15%	Build only if form, standards and exit control are intact.	Win the station and lose the next run.

RUN RECOVERY CUE
For the first 20-40 seconds after a station: tall torso, relaxed hands, complete exhale, quick light steps. Let pace return after rhythm returns.

USE DATA AS CONTEXT
Heart rate can lag and becomes noisy during grip-heavy or strength stations. Pair it with pace, split, cadence, breathing, technique and how quickly the next run normalizes.

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QUICK REFERENCE

Master station playbook

Use this page for a final pre-session or race-week review. Choose one line per station - not every line.

STATION	RULE	HOLD	RESCUE
Sled Push	Traction first	Short, quick steps	Shorten step; rebuild 5-8 clean steps
Sled Pull	Organized rope	Stable base + exhale	Fix rope once; lower pull angle
SkiErg	Smooth first	Tall reset + tested split	Reduce rate; restore hinge
RowErg	Legs drive	Long stroke + calm return	Lower rate; rebuild sequence
Farmers Carry	Drop by choice	Tall posture + quiet steps	Controlled set-down before failure
Sandbag Lunges	Reset at the top	Stable bag + repeatable stride	Shorter step + small rep block
Burpee Broad Jumps	Rhythm wins	Repeatable pattern + jump	Two breaths + five clean reps
Wall Balls	Clean reps first	Planned chunks + soft catch	Reset feet + smaller clean set

DECISION FILTER

Is it repeatable when tired? Does it protect the next run? Can you explain it in one breath? If not, simplify it.

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STATION 1 • TRACTION + CADENCE + CLEAN TURNS

Sled Push

Move the sled with repeatable traction. Add effort only after your feet, hip height and step rhythm are working together.

TRACTION FIRST
Short, quick steps and a stable trunk beat long, panicked strides.

RACE-DAY SEQUENCE

PHASE	EXECUTE	SELF-CHECK
Setup	Hands set, ribs down, eyes 2-3 m ahead. Create full-body tension before the sled moves.	Your first step grips instead of slipping.
Start	Use the first 8-10 steps to find traction. Do not sprint the first length.	Breathing stays controlled enough to turn cleanly.
Sustain	Keep steps short and quick. Adjust hip height slightly to the surface and load.	Cadence stays steady without repeated re-gripping.
Turn	Decelerate into the line, reset feet, then drive away. Follow the event's lane and direction instructions.	Slow in. Fast out.
Rescue	Shorten the step, lower the hips slightly and rebuild 5-8 clean steps before increasing force.	Fix traction before adding effort.

QUICK FIXES

PROBLEM	FIX	REMEMBER
Sled feels stuck	Lower hips slightly, shorten steps and rebuild cadence.	Do not solve every problem by pushing harder.
Feet slipping	Reduce stride length; check shoe contact and torso angle.	Quiet feet create force.
Calves burning	Shift pressure toward midfoot and let the hips rise a little.	Avoid driving only through the toes.

LOG IT
Surface and shoes • Load • Time per length • Turn time • First limiter: traction, legs, trunk or breathing.

DOUBLES NOTE
Set the swap trigger before entry - line, distance or turn. Swap before cadence collapses.

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STATION 2 • ROPE CONTROL + BASE + BREATHING

Sled Pull

A clean rope and stable base protect grip, time and decision-making when fatigue rises.

ORGANIZED ROPE = CALM STATION

Use lats, hips and a planted base. Fix rope problems once, then resume.

RACE-DAY SEQUENCE

PHASE	EXECUTE	SELF-CHECK
Setup	Choose stance and rope side. Sit into a strong hinge with heels planted and chest tall.	Your base is stable before the first pull.
Pull	Drive elbows back hand-over-hand. Keep shoulders relaxed and exhale with each pull.	The rope moves from lats and hips, not arm-only curls.
Rope	Feed the rope into one clean area and keep it clear of feet and neighbouring traffic.	No stepping over loose rope under fatigue.
Reset	If the rope tangles, stop, breathe, fix it once and return to rhythm.	One clean reset beats repeated panic yanks.
Rescue	Widen stance, lower the pull angle and slow the next five pulls.	Rebuild leverage before speed.

QUICK FIXES

PROBLEM	FIX	REMEMBER
Hands burning early	Relax the grip between pulls and drive elbows back with the lats.	Release face and jaw tension.
Feet moving	Widen stance, lower hips and keep pressure through heels.	Do not hop backward.
Rope chaos	Reduce speed, clear the rope once and restart with five deliberate pulls.	Organization is faster than urgency.

LOG IT

Stance width • Rope side • Pull count or time per length • Grip failure point • Rope-reset time.

DOUBLES NOTE

The working athlete manages the rope. The resting athlete uses one short cue and follows current partner-contact rules.

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STATION 3 • HINGE + RHYTHM + CONTROLLED POWER

SkiErg

Protect breathing with a tall reset, connected hinge and a machine setup you have already calibrated in training.

SMOOTH FIRST. STRONG SECOND.
Hold repeatable power without shortening the hinge or turning the stroke into an arm pull.

RACE-DAY SEQUENCE

PHASE	EXECUTE	SELF-CHECK
Setup	Feet stable, knees soft and hands relaxed. Use your tested damper/drag setup - not someone else's number.	The machine feels familiar before the first pull.
Drive	Stay long through the arms, hinge and finish with lats. Return tall without overextending.	Hands travel down and back, not only down.
Start	Keep the first 10-15 pulls controlled and let breathing settle.	Split does not spike in the opening seconds.
Sustain	Hold your calibrated rate and split window. Keep stroke length as fatigue rises.	Power remains connected to the hinge.
Rescue	Reduce rate slightly for 15-20 seconds, stand tall and rebuild two calm breaths.	Protect the next run.

QUICK FIXES

PROBLEM	FIX	REMEMBER
Arms burning	Lengthen the hinge and delay elbow bend.	Lats and trunk should share the load.
Back tightening	Reduce hinge depth and return tall each stroke.	More range is not always more power.
Split drifting	Hold technique first; adjust rate only after stroke length is stable.	Log rate and split together.

LOG IT
Average split • Stroke rate • Damper/drag factor • Split drift • Breathing recovery in the first run minute.

DOUBLES NOTE
Test distance- or pull-count swaps in rehearsal. Change over while output is still stable, not after it collapses.

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STATION 4 • LEG DRIVE + SEQUENCE + SMOOTH RECOVERY

RowErg

Create speed with long, connected strokes. A calm recovery lets the legs produce power without an early heart-rate spike.

LEGS DRIVE. ARMS FINISH.
Hold a repeatable split with clean sequencing and minimal split drift.

RACE-DAY SEQUENCE

PHASE	EXECUTE	SELF-CHECK
Setup	Set foot straps, handle and your tested damper/drag setup before you chase pace.	No last-second machine changes.
Drive	Sequence legs, hips, arms. Return arms, hips, legs. Keep wrists flat and shoulders relaxed.	The handle moves smoothly, not with a yank.
Start	Use 8-10 controlled strokes to settle near target.	The first 100 m does not become a sprint.
Sustain	Hold your calibrated rate and split window. Keep the slide recovery quiet and controlled.	Stroke length stays consistent.
Rescue	Reduce rate for 20-30 seconds, lengthen the stroke and restore the sequence.	Calm the recovery before adding power.

QUICK FIXES

PROBLEM	FIX	REMEMBER
Gassed early	Lower rate slightly and lengthen the stroke.	Do not shorten and spin faster.
Back pump	Keep shins near vertical at catch and push the machine away with the legs.	Brace ribs without rounding.
Rough rhythm	Slow the slide recovery and exhale on the drive.	Quiet return, strong drive.

LOG IT
Average split • Stroke rate • Damper/drag factor • 200 m split drift • Transition off the machine.

DOUBLES NOTE
Use a distance- or stroke-count plan. The resting athlete watches rate and split and gives one cue only.

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STATION 5 • GRIP + POSTURE + DELIBERATE TURNS

Farmers Carry

Protect grip with a clean pick-up, quiet steps and planned decisions before the handles force the decision for you.

DROP BY CHOICE - NOT BY FAILURE.
Carry tall and turn smoothly while keeping grip available for the final section.

RACE-DAY SEQUENCE

PHASE	EXECUTE	SELF-CHECK
Pick-up	Hinge, brace, squeeze once and stand fully before moving.	The load is stable before the first step.
Posture	Ribs stacked, shoulders packed, eyes forward and steps quiet.	No leaning back to create fake height.
Start	Use the first 10 m to settle grip and stride.	No death-grip from step one.
Turn	Approach wide enough to stay balanced. Slow in and accelerate out.	The handles do not swing away from you.
Rescue	Use an approved, controlled set-down before grip fails; reset once and continue.	Know current rest and movement rules.

QUICK FIXES

PROBLEM	FIX	REMEMBER
Forearms pumping	Shorten stride, relax the face and avoid extra handle movement.	Save grip through efficiency.
Lower back tight	Stack ribs over pelvis and reduce stride length.	Tall does not mean leaning back.
Handles slipping	Use your tested chalk/hand strategy where permitted and re-grip once.	Avoid repeated fidgeting.

LOG IT
Load • Distance before first set-down • Set-down time • Turn quality • Grip score 1-10.

DOUBLES NOTE
Use course landmarks or turns as swap triggers. Rehearse the handover so both athletes stay clear and legal.

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STATION 6 • BAG CONTROL + STEP CONSISTENCY + BREATHING

Sandbag Lunges

Keep forward motion with a stable bag, repeatable stride and clean extension instead of large steps and bottom pauses.

KEEP MOVING. RESET AT THE TOP.
Protect knee tracking and breathing while meeting the current movement standard on every rep.

RACE-DAY SEQUENCE

PHASE	EXECUTE	SELF-CHECK
Setup	Place the bag securely, elbows down and ribs stacked. Choose one position and keep it.	No constant bag adjustment.
Step	Use a moderate stride and keep the front knee tracking with the toes.	Pressure stays through the whole front foot.
Start	Make the first 5-10 reps smooth and identical.	Cadence is controlled before speed.
Sustain	Exhale as you rise, complete each rep and keep eyes forward.	Reset posture at the top, not the bottom.
Rescue	Shorten the stride slightly, take two breaths at the top and commit to a small rep block.	Forward motion returns without a panic surge.

QUICK FIXES

PROBLEM	FIX	REMEMBER
Knee discomfort	Shorten stride and re-check knee tracking and foot pressure.	Stop for sharp or worsening pain.
Bag sliding	Reset once at the top and lock the elbows down.	Avoid adjusting every rep.
Quads locking	Use smaller rep blocks with brief top-position breaths.	Do not rest at the bottom.

LOG IT
Bag position • Reps before first pause • Step cadence • No-rep cause • First limiter: legs, trunk or breathing.

DOUBLES NOTE
Use a rep, distance or course-marker trigger. Swap early enough that the next athlete can preserve clean reps.

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STATION 7 • REPEATABLE RHYTHM + LEGAL DISTANCE + BREATHING

Burpee Broad Jumps

The fastest sustainable pattern is the one you can repeat without changing your burpee or jump strategy under fatigue.

RHYTHM BEATS HERO REPS.
Keep a consistent floor pattern and repeatable jump without turning the station into a series of recovery pauses.

RACE-DAY SEQUENCE

PHASE	EXECUTE	SELF-CHECK
Pattern	Choose your trained step or jump pattern and keep hand placement consistent.	The burpee looks the same after ten reps.
Jump	Use a repeatable broad jump you can land under control.	Distance is useful only when rhythm survives.
Start	Make the first five repetitions deliberately smooth.	No early over-jumping.
Sustain	Count small blocks and remove extra pauses before trying to jump farther.	Cadence stays predictable.
Rescue	Stand tall for two breaths, shorten the next jump slightly and restart with five clean reps.	Rebuild pattern before effort.

QUICK FIXES

PROBLEM	FIX	REMEMBER
Quads burning	Reduce jump distance slightly and keep the transition into the next burpee efficient.	Movement continuity matters.
Heart rate spike	Use two controlled standing breaths, then restart smoothly.	Do not sprint the restart.
Standard breaking	Slow enough to restore the required body and jump positions.	Follow the current rulebook and briefing.

LOG IT
Pattern used • Reps or metres per minute • Jump consistency • Pause count • Standards/no-rep notes.

DOUBLES NOTE
Swap by repetitions or course markers. Use one cadence call and change before form becomes unpredictable.

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STATION 8 • CLEAN REPS + PLANNED SETS + CALM RESETS

Wall Balls

Protect the finish with a set plan that covers every required rep, preserves depth and keeps the ball close to your body.

CLEAN REPS ARE FASTER THAN REDO REPS.
Use repeatable chunks, brief planned breaths and consistent target accuracy instead of failure sets.

RACE-DAY SEQUENCE

PHASE	EXECUTE	SELF-CHECK
Setup	Use your tested stance with heels grounded, knees tracking and chest tall.	You can reach depth without losing balance.
Catch	Receive the ball close with soft hands and let the legs absorb it.	The ball does not pull you forward.
Throw	Drive with the legs before finishing with the arms. Aim with a consistent visual target.	Trajectory stays similar across sets.
Set plan	Choose repeatable chunks - for example 10s, 15s or 20s - and continue until the full required total is complete.	Your written plan must cover all reps.
Rescue	After a miss, reset feet, take two breaths and restart with a smaller clean-rep chunk.	Do not rush the next attempt.

QUICK FIXES

PROBLEM	FIX	REMEMBER
Throw falls short	Use leg drive first and aim slightly higher without rushing the squat.	Check fatigue and ball path.
Depth/no-rep risk	Reset stance and reduce set size before technique collapses.	Judge instructions supersede this guide.
Long rests	Use brief pre-planned breaths and a clear restart count.	Rest with a decision, not by accident.

LOG IT
Set plan • Actual set sizes • Miss count and cause • Rest duration • Clean-rep cadence.

DOUBLES NOTE
Use smaller planned chunks that protect accuracy. The resting athlete counts clean reps and calls the agreed swap.

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PARTNER EXECUTION

Doubles swap system

Use these as rehearsal starting points. Your best triggers should be tested with the same equipment, course flow and fatigue you expect on race day.

STATION	TRIGGER EXAMPLE	SWAP BEFORE	ONE CALL
Sled Push	Line, distance or turn	Before step cadence breaks	Short steps. Slow in, fast out.
Sled Pull	Pull count or rope-control point	Before grip or rope organization fails	Rope clean. Exhale.
SkiErg	Distance or pull count	While split remains stable	First five smooth.
RowErg	Distance or stroke count	Before stroke length shortens	Long stroke. Calm return.
Farmers Carry	Turn or course marker	Before forced set-down	Tall. Smooth turn.
Sandbag Lunges	Reps, distance or marker	Before bottom pauses appear	Walk through. Reset top.
Burpee Broad Jumps	Reps or course marker	Before pattern changes	Small repeatable jumps.
Wall Balls	Planned clean-rep chunk	Before misses or long rests	Depth first. Clean count.

CALL EARLY
A planned early swap is usually faster than a late collapse and slow recovery.

ONE CUE
Use one short cue: cadence, breath, reset or swap. More words become noise.

CLEAR HANDOVER
Know exactly where the next athlete stands, moves and begins.

REVIEW AFTER
Change the plan after rehearsal, not during a panicked race-day debate.

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STANDARDS AWARENESS

Protect clean reps and legal movement

This page highlights common risk areas only. Rules can change by season and division; official documents, event briefings and judge instructions always take priority.

AREA	COMMON RISK	ATHLETE ACTION
Sled Push	Wrong lane/route, incomplete line clearance, uncontrolled turn	Confirm lane and full clearance before direction change.
Sled Pull	Leaving the required box, rope/lane interference, illegal partner help	Keep base and rope organized; follow current partner rules.
SkiErg / RowErg	Leaving before the required distance is confirmed	Watch the display and judge signal before exit.
Farmers Carry	Course/turn error or illegal movement/rest position	Know the path and current set-down rules.
Sandbag Lunges	Bag position, knee contact or incomplete extension	Rehearse the current movement standard under fatigue.
Burpee Broad Jumps	Incorrect floor/jump positions or course progress	Use one legal repeatable pattern from start to finish.
Wall Balls	Depth, target contact/height or counting errors	Prioritize clean reps and listen to the judge.

CURRENT RULES LIVE IN THE RESOURCES HUB

Open warriorperformancelab.com/resources-hub and select Official HYROX Rules before race week. Re-check the event briefing on site.

WPL COACHING APPLICATION

Use this playbook to improve execution. Use the official rulebook to confirm distances, loads, movement standards, penalties and division-specific requirements.

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PRINT OR COPY INTO THE APP

Station decision log

Record the minimum information needed to make your next session better. Change one variable at a time.

STATION	START CUE	TARGET	RESCUE	RESULT / NEXT CHANGE
Sled Push				
Sled Pull				
SkiErg				
RowErg				
Farmers Carry				
Sandbag Lunges				
Burpee Broad Jumps				
Wall Balls				

POST-SESSION QUESTION

What broke first: breathing, grip, traction, cadence, posture, standards or decision-making? The first limiter determines the next rehearsal.

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SESSION BUILDER

3-6-5 station durability drill

Build station durability while practicing breathing recovery on the run. Keep the work controlled enough that technique remains useful.

PART	PRESCRIPTION	WHAT TO TRACK
Format	5 blocks x 6 minutes. Each block = 60 sec run + 60 sec station x 3.	Run rhythm in the first 20 sec after each station.
Station choice	Use one station per block or pair complementary demands.	Which station changes the next run most?
Intensity	RPE 7-8 for the main set. Stay below failure and avoid no-rep practice.	Technique drift, split drift and breathing recovery.
Rest	2-3 minutes easy movement between blocks, or coach-selected recovery.	Time until breathing and posture normalize.
Progression	Week 1 steady • Week 2 faster transitions • Week 3 target cadence • Week 4 rehearsal.	Change one variable each week.

EXAMPLE FIVE-BLOCK ROTATION

BLOCK 1
Sled Push - traction and turn quality.

BLOCK 2
SkiErg - controlled split and tall reset.

BLOCK 3
Farmers Carry - grip and exit posture.

BLOCK 4
Burpee Broad Jumps - repeatable cadence.

BLOCK 5
Wall Balls - clean-rep chunks under fatigue.

DO NOT FORCE RACE SPECIFICITY

If technique becomes unsafe or standards deteriorate, reduce load, range, cadence or interval duration. The session should improve transfer, not rehearse failure.

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FINAL REVIEW

Race-week station checklist

Complete this once early in race week, then keep the final review short. No new technique experiments in the final 48 hours.

AREA	READY WHEN...
Sled Push	Shoes/surface checked • first 10 steps controlled • turn cue chosen
Sled Pull	Stance and rope side chosen • one reset cue • partner-contact rule confirmed
SkiErg	Tested machine setup • split/rate window • first 10-15 pulls controlled
RowErg	Foot straps and setup • split/rate window • calm first strokes
Farmers Carry	Pick-up cue • turn plan • legal set-down/swap trigger
Sandbag Lunges	Bag position • stride cue • top-position rescue plan
Burpee Broad Jumps	Legal pattern • repeatable jump • five-rep restart cue
Wall Balls	Stance • full-rep set plan • miss/reset rule
Run + Roxzone	Station entrance/exit awareness • first 20-40 sec run recovery cue

MY START CUE

_____

MY RESCUE CUE

_____

MY STATION LIMITER

_____

MY FIRST RUN CUE

_____

FINAL REMINDER

Calm start. Repeatable middle. Clean standards. Controlled exit. The best station strategy is the one that still lets you race the next kilometre.

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