WARRIOR
PERFORMANCE LAB

PRO INSIDER + ELITE CLIENT RESOURCES

HYROX Race Execution Playbook

Pacing - transitions - station execution - sled strategy - doubles notes

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Updated v3 - 2026-05-11

Educational coaching resource. Always follow the official HYROX athlete briefing and judge instructions.

Update Summary + Recommendation

Best structure for the client resources

- Do not simply stack the two old PDFs together. They overlap and repeat the same material.
- Use this single master playbook as the main Pro Insider / Elite resource.
- Keep the separate race-day cheat sheet as a shorter printable or app-friendly companion.

What was corrected / improved

Area	Update
Branding	Standardized to Warrior Performance Lab / WPL. Removed mixed WLA / Warrior Lab App wording.
Versioning	Cleaned inconsistent dates and version labels into v3 - 2026-05-11.
Sled pull	Rebuilt around the two-phase hold strategy: long-arm hinge/step-back while far, hand-over-hand finish when close. Added rope-side management, box-line awareness and body-type options.
Sled push	Removed the overly absolute hands-low cue. Updated to traction-first, chosen-handle setup, short steps, torso angle and turn execution.
Rules	Added current 25/26 rule-check points for station distances, weights, box rules, judge confirmations, hydration/nutrition and doubles restrictions.
Doubles	Added practical swap rules and legal constraints: resting partner positioning, no rope management assistance, no forward passing of KB/sandbag, no handle passing on ergs.
Coaching value	Added body-type decision rules, common leaks, drills, race-week reminders and mental cues.

How clients should use this

- Pick 1-2 cues per station. Do not try to remember the whole document on race day.
- Rehearse the same cues in simulations so race day feels familiar.
- When panic rises: breathe down, fix one thing, then move.
- Always follow the official athlete briefing, assigned lane/equipment and judge instructions.

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Official Rule Snapshot - Coach-Friendly

WPL rule

Strategy is useful only if it stays legal under fatigue. Use the official briefing as the final authority.

Station / item	Current key details to check
Race format	8 x 1 km runs + 8 stations in order. Everyone runs 1 km between stations for 8 km total.
Sled push	50 m total: 4 x 12.5 m. Weights: Women 102 kg, Women Pro / Men 152 kg, Men Pro 202 kg including sled.
Sled pull	50 m total: 4 x 12.5 m. Weights: Women 78 kg, Women Pro / Men 103 kg, Men Pro 153 kg including sled. Racer stays in the Racer Box, remains standing, and keeps the rope in the lane.
SkiErg + RowErg	1,000 m each. Damper is preset to 6 and may be adjusted. Athlete must wait for judge confirmation before leaving. Row footplates are preset to position 4 and may be adjusted.
Burpee broad jumps	80 m. Chest clearly contacts ground; two-foot takeoff/landing; no stagger, shuffles or extra steps. Jump distance is athlete choice.
Farmers carry	200 m. Women 2 x 16 kg, Women Pro / Men 2 x 24 kg, Men Pro 2 x 32 kg. Kettlebells may be set down to rest if they do not move forward.
Sandbag lunges	100 m. Women 10 kg, Women Pro / Men 20 kg, Men Pro 30 kg. Alternating lunges; knee touch; stand tall; sandbag stays on both shoulders.
Wall balls	100 reps. Women 4 kg to 2.70 m, Women Pro / Men 6 kg to 2.70/3.00 m by sex, Men Pro 9 kg to 3.00 m. Must start tall, squat below parallel and hit target.
Nutrition / hydration	Aid stations provide water at least once around the Roxzone. Personal nutrition must be carried from the start; accepting outside nutrition/hydration is outside assistance.

Penalty awareness - simple version

- Missing sled lanes, run laps or station requirements costs far more than moving 5% slower with clean execution.
- Stations 1-7 generally allow one warning before time/distance penalties; wall balls are rep/no-rep based.
- Wrong station order, wrong IN/OUT arch, wrong equipment or poor conduct can carry major penalties or DQ.

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Run 1K Pacing + Turns

WPL rule

Run at the pace you can repeat 8 times - not the pace you can hold once.

Execution cues

- 0-200 m after each station: breathe down and let rhythm return before chasing speed.
- Relax face, shoulders and hands. Tension in the upper body wastes oxygen.
- Look up early for turns, congestion and station entry. Do not weave late.
- Last 150-200 m: locate entry, slow the breathing, arrive ready to execute.

Pace bands - starting points

Goal range	Run pace starting point
Sub 60-70 min	approx. 3:35-4:30 / km
70-80 min	approx. 4:30-5:10 / km
80-90 min	approx. 5:10-5:50 / km
90-105 min	approx. 5:50-6:40 / km
105+ min	repeatable aerobic pace first

Run decision rule

- If the next station is strength-heavy for you, finish the 1K slightly calmer.
- If you leave a station too hot, spend the first 20 seconds restoring breathing instead of forcing pace.
- Fast lane is for roughly 4:00/km or faster when the event is using lane guidance - follow crew instructions.

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Transitions + Flow

WPL rule

Know the next station. Breathe down. Move with purpose.

Moment	Action	Cue
50-100 m out	Take 2-3 deeper breaths, relax face and hands, scan for entry.	Find it before you arrive.
Entry	Pick lane/target/equipment, set once, then start.	One fix, then go.
First 5 reps	Move clean and controlled to establish cadence.	Clean before fast.
Middle	Count in 5s or 10s. Exhale on work. Avoid breath-holding.	Count and breathe.
Exit	Finish, stand tall, two breaths, then move to the run.	Smooth to the cone.

The 3 biggest time leaks

- Wandering on entry because the athlete does not know the lane, target or next task.
- Re-fixing equipment repeatedly: straps, ball, rope or bag. Set it once and commit.
- Leaving the station emotionally instead of physiologically: stand tall, breathe twice, jog out.

Mental reset

When the station gets messy, do not negotiate with yourself. Choose one repair: breathe, reset posture, or organize equipment. Then move.

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All 8 Stations - Quick Execution Table

Station	Default cue	Common leak	Fast fix
SkiErg	Tall reset + hinge + lats.	Arms-only pulling / over-grip.	Lengthen stroke, relax hands, lower shoulders.
Sled push	Traction first, short steps.	Over-striding and slipping.	Shorten stride, increase cadence, adjust torso angle.
Sled pull	Hold rope, long arms first, fast hands late.	Slack, biceps row, rope under feet.	Stack rope one side; switch phases when close.
Burpee broad jump	Repeatable jump distance.	Hero jumps then long pauses.	Shorten jump 5-10%; keep hands close.
RowErg	Legs - hips - arms.	Early arm bend and rate creep.	Slow 2 spm; lengthen stroke; drive legs.
Farmers carry	Tall posture, quiet steps.	Grip dies unexpectedly.	Plan micro-drops before failure.
Sandbag lunge	Moderate step, walk through.	Long stride / bottom pause.	Shorten step; stand tall each rep.
Wall balls	Breathe every rep, hit depth + target.	No-reps late / shoulder fatigue.	Slow 5%, legs drive, planned short rests.

Race-day memory line

Long arms first. Fast hands second. Smooth stations beat heroic surges followed by collapse.

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Sled Push Deep Dive

WPL rule

Traction first. Cadence beats brute force.

Setup cues

- Choose a handle height that lets you keep a powerful forward angle without collapsing.
- Hands set once. Arms long/locked but shoulders packed; push through the handles, not down into them.
- Ribs down, eyes 2-3 m ahead, hips low enough to drive but high enough to keep fast feet.
- Build tension before the first drive. No dead-start panic shove.

Execution

- Short, fast steps. Foot lands under you; avoid reaching too far in front.
- Think: drive the floor back, not push the sled with arms only.
- First 5-10 m controlled. The goal is to own traction, not win one surge.
- Turns: slow in, pivot feet, re-square, then accelerate out.

Athlete type	Best emphasis
Tall / long limbs	Avoid getting too folded. Use handle height and torso angle that keep hips driving.
Short / compact	Often strong cadence. Use short steps and avoid overreaching into the sled.
Heavier / strong lower body	Use mass and leg drive, but do not let strides get long and slippery.
Lighter athlete	Cadence and traction are the weapon. Do not try to brute-force a dead sled.
Calves light up	Raise hips slightly, drive through midfoot, shorten the push phase.

Slip fix sequence

- Shorten steps first.
- Increase cadence second.
- Adjust torso angle third.
- Add effort only after traction returns.

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Sled Pull Deep Dive - Updated WPL Strategy

WPL rule

Hold the rope. Stay connected. Do not restart the fight.

Phase 1: sled far away

- Narrow athletic stance. Rope on one side, not between both feet.
- Long active arms. Lats connected. Arms transmit tension; they do not become an early biceps row.
- Hinge and small step-back to use hips, trunk, body mass and legs.
- Keep tension. Avoid slack because slack kills momentum and focus.

Phase 2: sled closer

- Switch to short, quick hand-over-hand pulls.
- Pull toward ribs/hip line, not high to the face.
- Stack rope on the same side so it cannot tangle under your feet.
- Use small foot adjustments only; no chaotic backward hopping.

Technique choice	When it helps	When it hurts
Controlled drop-back while holding rope	Useful if lats stay connected and the athlete remains standing, legal and controlled.	Hurts if the athlete collapses, creates slack or steps on box lines.
Release/drop rope repeatedly	Use only for a quick reset, grip relief or tangle fix.	Often restarts the sled, breaks rhythm and becomes mentally costly.
Pure hand-over-hand from start	Can suit compact or strong grip/back athletes.	Can overtax forearms/biceps early and reduce body-driven force.
Two-phase hold strategy	Best default for most athletes: body power early, fast hands late.	Requires practice so the transition happens before rope chaos.

Red flags

- Early biceps curl from rep one.
- Rope pile under the feet.
- Huge backward drop with slack.
- Seated/kneeling pull.
- Stepping on front/back Racer Box line while holding rope.

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Sled Pull Body-Type Matrix + Drills

Athlete profile	Best emphasis	Cue
Tall / long arms	Long-arm hinge phase can be very effective before hand-over-hand.	Use your reach without curling.
Short / compact	Transition earlier to fast hand-over-hand and keep the rope tidy.	Fast hands, clean feet.
Heavier / strong posterior chain	Controlled drop-back while holding rope can use body mass well.	Heavy hips, lats on.
Lighter athlete	Continuous tension and rhythm matter more than one big pull.	No slack, small steps.
Strong grip/back	Can tolerate longer hand-over-hand sections.	Strong finish, soft grip.
Grip-limited	Use body-driven phase early to spare forearms.	Arms are cables.
Back-sensitive	Use shallower hinge and earlier hand-over-hand; avoid aggressive flexion.	Short hinge, tall chest.
Doubles	Working DTM manages the rope; resting DTM can guide verbally but cannot assist rope management.	Coach with words, not hands.

Practice drills

- Phase switch drill: 4 lanes. First half long-arm hinge, second half fast hand-over-hand.
- Rope stack drill: 3 x 30 pulls focusing only on same-side rope placement.
- Tension drill: pull 5 reps, freeze 1 second without slack, repeat.
- Grip saver: 12 pulls + 2 calm breaths x 8 rounds.

Coach checks

- Can the athlete move the sled without elbow-first curling?
- Does the rope stay out from under the feet?
- Does the athlete know exactly when to switch phases?
- Can they keep a narrow stance without stepping on lines?

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SkiErg Deep Dive

WPL rule

Tall reset + hinge. Smooth strokes beat redline pulls.

Setup + technique

- Feet on the platform, soft knees, tall start.
- Hands relaxed. Shoulders low. Core engaged before each pull.
- Initiate with body/core and hinge; finish with lats, not biceps.
- Reset tall enough to breathe before the next stroke.

Pacing

- First 10-15 pulls controlled.
- Use a rate you can maintain; protect rhythm over spikes.
- Damper is often not worth over-cranking. Test what gives best split without arm fatigue.

Common leaks + fixes

- Arms burning: lower shoulders, relax hands and lengthen hinge.
- Back tight: reduce hinge depth and reset taller each stroke.
- Choppy pulls: reduce rate for 5 strokes, then rebuild.
- HR spike: two strokes at 80%, then return to race rhythm.

Drills

- 5 x 250 m race effort, 60-75 s easy.
- 3 x 500 m build: controlled - steady - strong.
- 10 long strokes + 10 race-rate strokes x 3.

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Burpee Broad Jump Deep Dive

WPL rule

Rhythm beats hero reps. Repeatable distance wins.

Rules-aware cues

- Chest clearly contacts ground on each burpee.
- Hands for subsequent burpees must be close to the toes; do not reach too far forward.
- Take off and land with both feet parallel. No stagger, shuffle or extra step.
- Jump length is your choice; choose what you can repeat.

Execution

- Hands close. Pop hips first. Avoid turning every rep into a slow push-up.
- Use a repeatable hop. Finish by reducing rest, not by over-jumping.
- Exhale as you stand and jump. Inhale as you drop.
- If quads flood: shorten jump 5-10% and keep cadence.

Doubles note

The resting DTM must stay behind the working DTM. At a switch, the next athlete starts with hands where the working athlete feet landed, with toes and fingers in line.

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RowErg Deep Dive

WPL rule

Legs drive. Arms finish. Smooth strokes beat panic pulling.

Setup + sequence

- Foot straps across the widest part of the foot; adjust before starting.
- Catch: shins near vertical, arms long, shoulders relaxed, torso tall.
- Drive: legs -> body swing -> arms.
- Return: arms -> body -> legs. Let the handle move cleanly.

Pacing

- First 10-15 strokes controlled.
- Common race range: roughly 26-32 spm, depending on athlete.
- Last 200 m: add effort by tightening recovery and slightly increasing rate, not yanking.

Common leaks + fixes

- Arms burning: slow 2 spm and wait to bend elbows until legs are nearly extended.
- Low back tight: shorten catch slightly and brace ribs down.
- Rate creep: lengthen the stroke for 10 reps.
- Leaving early risk: stay seated and wait for judge confirmation.

Doubles note

- Working DTM adjusts damper/straps only.
- Do not pass the rower handle between partners.
- Resting DTM stays behind the working DTM and does not obstruct.

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Farmers Carry Deep Dive

WPL rule

Carry tall. Drop on purpose, not by force.

Setup cues

- Pick up with hips back, flat back, handles centered.
- Tall torso, ribs down, shoulders packed, eyes forward.
- Quick and quiet steps. Avoid over-striding and leaning.
- Turns: wide and smooth. Slow in, fast out.

Grip strategy

- Plan micro-drops before failure: 2-3 seconds, then move.
- Shake once, not five times. Reset hands and go.
- If handles slip, re-grip once and commit.

Rules-aware notes

- Carry both kettlebells with arms extended by sides while moving.
- Putting them down to rest is allowed if they do not move forward.
- Return kettlebells to the correct box with handles upright.
- Doubles: KBs may be passed sideways or backward during transitions, never forward.

Drills

- 4 x 50 m race weight with planned drops.
- Suitcase carry 3 x 30 m each side.
- Heavy hold 3 x 20-30 s after a carry.

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Sandbag Lunges Deep Dive

WPL rule

Keep moving. No resting at the bottom.

Setup cues

- Bag high and stable across both shoulders. Elbows down. Ribs stacked.
- Moderate step length; knee tracks over toes/midfoot.
- Drive through midfoot and stand tall every rep.
- Eyes fixed forward to reduce wobble.

Rules-aware notes

- Trailing knee must clearly touch the ground.
- Lunges alternate. No steps or shuffles between reps.
- Racer may stop between reps with both feet parallel, but no bottom rests.
- Sandbag stays on both shoulders; putting it down can trigger penalty/DQ sequence.

Common leaks + fixes

- Knee discomfort: shorten stride and keep knee tracking.
- Quads lock: stand tall for two breaths, then commit to 10 reps.
- Bag sliding: reset once and lock it. Avoid constant re-grips.
- Balance wobble: slow 5%, eyes forward, smaller step.

Doubles note

- Sandbag transitions may not be passed forward.
- Resting DTM walks behind the working DTM and must not obstruct.

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Wall Balls Deep Dive

WPL rule

Breathe every rep. Clean depth + clean target beats chaos.

Setup cues

- Confirm ball weight, target height and depth standard before racing.
- Start tall with hips and knees extended and ball high at chest.
- Squat below parallel. Drive with legs. Release around eye level and finish to target.
- Catch at chest and descend smoothly; do not chase the ball with hands high.

Pacing

- Choose sets before you start: 10s, 15s, 20s or mixed.
- Rest with short planned breaths, not open-ended collapse.
- Win the last 30 reps by removing long rests, not changing mechanics.

No-rep prevention

- Every rep: depth and target. No-reps cost more than slowing 5%.
- If shoulders blow up: elbows under ball and more leg drive.
- If HR spikes: stand tall, two breaths, then 5 clean reps.
- If the ball hits the ground, restart from standing tall before the next rep.

Doubles note

- Ball transitions may be hand-off or ball-to-floor.
- No flying transition: one athlete throws to target and partner catches in squat is not permitted.
- Resting DTM stays in the marked area and cannot obstruct.

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Doubles Execution Add-On

WPL rule

Call swaps before entry, not in the middle of chaos.

Station	Legal/efficient doubles coaching note
Runs	Partners run together. Pace is limited by the slower runner. Communicate early before the Roxzone.
SkiErg	Resting DTM stays marked; do not pass handles. Use micro-swaps before failure.
Sled push	Resting DTM walks immediately behind the working DTM and must not obstruct.
Sled pull	Working DTM manages rope. Resting DTM can guide verbally/physically without stepping into the box or touching/managing rope.
Burpee broad jumps	Resting DTM stays behind; swap hand position matches prior athlete foot landing.
RowErg	Do not pass handle, adjust damper or adjust straps for partner. First 3 strokes smooth after swap.
Farmers carry	No forward passing of KBs. Sideways/backward is allowed. Resting DTM walks behind.
Sandbag lunges	No forward passing of sandbag. Resting DTM walks behind. Bag stays on shoulders while working.
Wall balls	Hand off or ball-to-floor allowed. No flying transition. Resting DTM remains marked and non-obstructive.

Doubles swap framework

- Choose distance-based swaps for sleds/carries/lunges, and rep- or meter-based swaps for ergs/wall balls.
- Swap before form breaks. A clean swap is faster than a no-rep or grip failure.
- Resting partner has one job: count, guide, and prepare - not crowd the working partner.

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Training Transfer + Practice Sessions

WPL rule

Train the transition you want to race. Skill without fatigue is not enough.

Session	Structure	Purpose
3-6-5 hybrid timer	5 blocks x 6 min: 60 s run / 60 s station x 3. Rotate stations.	Station durability without overcooking.
Sled push traction ladder	3 rounds: 10 m controlled + 10 m strong. Walk back.	Short-step traction and re-acceleration.
Sled pull phase switch	4 x 12.5 m: long-arm hinge for far rope, hand-over-hand close.	Own the rope transition.
Wall ball breath sets	EMOM 10-12: 10-14 reps, clean depth and target.	Breathing, fast reset, no-rep control.
Erg discipline set	5 x 250 m ski or 5 x 200 m row at race effort.	Controlled start and repeatable split.
Run-off-station reset	Station 60-90 s + 400 m run; first 100 m smooth.	Teach post-station breathing recovery.

Coach metrics to track

- Time to restore breathing during the first 20 seconds after station exit.
- No-rep risk under fatigue, especially wall balls and burpee broad jumps.
- Grip failure timing: farmers carry and sled pull.
- Rope organization: number of tangles or foot contacts per sled pull lane.
- Turn execution: seconds lost at sled push/pull lane changes.

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Race Week + Fueling Notes

WPL rule

Do not introduce new fuel, caffeine, supplements, shoes, grips or pacing on race day.

48-24 hours before

- Prioritize sleep, hydration and familiar carbohydrate intake.
- Keep training sharp, not exhausting. Technique primers only.
- Review station order, venue map, lanes and entry/exit flow.
- Pack nutrition that can be carried from the start if needed.

Race morning

- Eat a familiar meal. Keep fat/fiber appropriate for your gut tolerance.
- Use caffeine only if practiced.
- Warm up enough to feel ready but not depleted.
- Arrive at start tunnel on time with chip/wristband visible.

During race

- Use aid stations. Personal nutrition must be carried from the start; avoid outside assistance.
- Treat every station exit as a breathing reset.
- Avoid emotional surges after mistakes. Slow 5%, fix mechanics, rebuild.
- Race the athlete you are today, not your best training day fantasy.

Mental cue stack

- Run: smooth to the cone.
- Sled push: traction first.
- Sled pull: hold the rope.
- Ergs: long stroke, calm start.
- Wall balls: depth, target, breath.

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Final Race-Day Checklist

Before start	During stations	After each station
Chip on ankle, wristband visible, start time checked.	Know the station standard and assigned equipment.	Stand tall for 2 breaths and move.
Shoes tied, nutrition on body, hydration plan set.	First 5 reps smooth. Then settle into cadence.	First 200 m of run is a breathing reset.
Warm-up complete but not draining.	Count in 5s or 10s. Avoid arguing with yourself.	Rebuild pace only after breathing returns.
Know your first 1K pace and first station cue.	If you make a mistake, slow 5% and fix one thing.	Find the next entry 150-200 m out.

WPL closing cue

Strong body. Clear strategy. Warrior mindset.

References and sources checked

- HYROX Global. 25/26 HYROX Rulebook Singles EN. Checked May 2026.
- HYROX Global. 25/26 HYROX Rulebook Doubles EN. Checked May 2026.
- Concept2. Indoor Rowing Technique; SkiErg Technique; Damper Setting / Drag Factor guidance.
- ACSM and NSCA general exercise prescription, strength-endurance and coaching principles.
- This document is educational. It is not medical advice. Athletes with medical conditions, injuries, pregnancy or return-to-training concerns should consult qualified professionals.

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