PRO INSIDER + ELITE CLIENT RESOURCES

Race-Day Cheat Sheets

Fast cues for run pacing, transitions, sleds and all 8 stations

CREATED BY
Warrior Performance Lab

Updated v3 - 2026-05-11

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

How to Use on Race Day

Pick only 1-2 cues per station

This sheet is for execution under fatigue. Do not try to memorize every detail.

Moment	Cue
Run 1K	Repeatable pace. Relax shoulders/hands. No weaving.
After station	First 20 seconds: breathe down, then rebuild pace.
Turns	Look early. Shorten stride. Pass with commitment.
Station entry	Pick lane/target before you stop. Set gear once.
First 5 reps	Clean and controlled, then settle into cadence.
If panic rises	Breathe, fix one thing, move.

Mental script

- Smooth to the cone.
- Clean before fast.
- Do not restart the fight.

© 2026 Warrior Performance Lab - For WPL clients only - No redistribution

HYROX is a registered trademark of HYROX Global. This document is independently produced and not sponsored or endorsed by HYROX Global.

Sleds - Corrected Quick Cues

Sled Push

Rule

Traction first. Cadence beats brute force.

- Chosen handle height; hands set once.
- Arms long, shoulders packed, ribs down.
- Short fast steps; drive floor back.
- If slip: shorten steps, increase cadence, adjust angle, then add effort.
- Turns: slow in, pivot, re-square, fast out.

Sled Pull

Rule

Hold the rope. Stay connected.

- Phase 1 far: rope one side, long active arms, lats on, hinge/small step-back.
- Phase 2 close: short quick hand-over-hand pulls.
- Stack slack on same side, away from feet.
- Avoid early biceps curl, big slack, seated/kneeling pull, box-line contact.
- Release rope only for reset/tangle/grip emergency.

Body type	Sled pull emphasis
Tall / long arms	Long-arm hinge phase first, then fast hands.
Compact	Earlier hand-over-hand rhythm.
Heavier / posterior-chain strong	Controlled drop-back while holding tension.
Lighter	No slack, quick rhythm, clean rope.
Grip-limited	Use body-driven phase to spare forearms.

© 2026 Warrior Performance Lab - For WPL clients only - No redistribution

HYROX is a registered trademark of HYROX Global. This document is independently produced and not sponsored or endorsed by HYROX Global.

Station Quick Cues - All 8

Station	Do this	Avoid this
SkiErg	Tall reset, hinge, lats, relaxed hands.	Redline first 10 pulls; arms-only yanking.
Sled push	Short steps, traction, consistent torso angle.	Long slippery strides; constant re-grips.
Sled pull	Hold rope; long arms first; fast hands late.	Slack, rope under feet, early biceps row.
Burpee broad jump	Repeatable jump, hands close, steady rhythm.	Hero jumps, shuffles, long standing pauses.
RowErg	Legs -> hips -> arms. Return arms -> hips -> legs.	Early arm bend; rate creep; leaving early.
Farmers carry	Tall posture, quiet steps, planned micro-drops.	Accidental grip failure; whip turns.
Sandbag lunges	Moderate step, knee touch, stand tall.	Shuffles, bottom rests, bag sliding.
Wall balls	Breathe every rep, hit depth and target.	No-reps, high catch, unplanned collapse.

© 2026 Warrior Performance Lab - For WPL clients only - No redistribution

HYROX is a registered trademark of HYROX Global. This document is independently produced and not sponsored or endorsed by HYROX Global.

Doubles Cheat Sheet

Doubles rule

Swap before failure. Resting partner counts, guides and prepares - they do not crowd or obstruct.

Station	Swap / legal reminder
Runs	Run together. Shared pace early.
SkiErg / RowErg	Do not pass handles. Working DTM adjusts damper/straps.
Sled push	Resting DTM walks behind working DTM.
Sled pull	Resting DTM may guide but cannot manage rope with hands or feet.
Burpee broad jump	Next athlete starts hands where prior athlete feet landed.
Farmers carry	KBs cannot be passed forward; sideways/backward only.
Sandbag lunges	Sandbag cannot be passed forward; resting DTM walks behind.
Wall balls	Hand-off or ball-to-floor; no flying transition.

Final 5-minute review

- Know station order and entry/exit.
- Know first run pace and first station cue.
- Know sled push handle choice and sled pull rope-side plan.
- Know wall ball set plan.
- Carry personal nutrition from the start if using it.

© 2026 Warrior Performance Lab - For WPL clients only - No redistribution

HYROX is a registered trademark of HYROX Global. This document is independently produced and not sponsored or endorsed by HYROX Global.

Final Checklist + References

Before start

- Chip on ankle and visible wristband.
- Shoes tied; nutrition packed on body if needed.
- Warm-up complete, not draining.
- Know your first cue: smooth, not frantic.

During race

- After stations: two breaths, then jog.
- If you make an error: slow 5%, fix one thing.
- Use aid stations; avoid outside nutrition/hydration.
- Follow judges and athlete briefing.

References checked

- HYROX Global 25/26 Rulebook Singles EN.
- HYROX Global 25/26 Rulebook Doubles EN.
- Concept2 RowErg and SkiErg technique resources.
- ACSM/NSCA general coaching principles.

WPL cue

Strong body. Clear strategy. Warrior mindset.

© 2026 Warrior Performance Lab - For WPL clients only - No redistribution

HYROX is a registered trademark of HYROX Global. This document is independently produced and not sponsored or endorsed by HYROX Global.