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WPL RACE WEEK SERIES

7-DAY TAPER PLAN

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

START HERE

Arrive sharp - not simply rested

A successful taper removes enough training stress for fitness to show up on race day while keeping speed, coordination and station rhythm familiar. Your goal is not to gain fitness in seven days. Your goal is to stop hiding the fitness you already built under fatigue.

REDUCE FATIGUE	KEEP SHARPNESS	LOCK FAMILIARITY
Cut total race-week volume approximately 40-60% from your normal high-load week. Do not copy another athlete's absolute minutes.	Retain brief controlled touches of race effort. Intensity stays familiar; the amount of work drops.	Keep the shoes, cues, fuel, warm-up and station plan that already work. Race week is execution week.

The WPL rule

The final hard session should build confidence without leaving soreness. If you need more than 24-36 hours to feel normal after it, it was too large for race week.

Before you use the template

- Keep your usual training frequency as the ceiling. Never add extra days because the template shows them.
- If your peak week is already low volume, use the smaller end of the reduction. A 40-60% reduction is a guide, not a command.
- Place the last meaningful hybrid or quality-running session about 5-7 days before the race. Keep the final 72 hours low cost.
- Do not use a taper to train through sharp pain, fever, chest symptoms, unusual breathlessness or worsening illness.

TRAINING PLAN

Your seven-day race-week template

DAY	PURPOSE	TRAINING	COACHING NOTES
D-7	Reset + absorb	30-50 min easy aerobic OR rest. Add 4 x 15-20 s relaxed strides only if this is normal.	Review readiness, race time and travel. No full simulation.
D-6	Last quality touch	35-55 min total. Include 3-5 short race-effort blocks and 1-2 familiar stations at about half normal volume.	Finish with clean movement and at least 2 reps in reserve. Singles: protect legs. Doubles: rehearse 2-3 key swaps.
D-5	Recover	Rest, walk or 20-35 min easy. Mobility only where it helps you move better.	Normal meals, normal hydration, sleep opportunity.
D-4	Primer	25-40 min. Easy movement plus brief race-cadence touches. Optional low-volume strength only if it is already part of your proven taper.	No grinding, failure, high eccentric load or new station technique.
D-3	Freshness	20-35 min easy OR rest. Add 3-4 short strides if legs feel flat, not sore.	Finalize race plan, transport and athlete guide.
D-2	Nervous-system wake-up	15-25 min easy with 2-3 x 20-30 s race cadence. Optional 1-2 technique touches, not a workout.	Begin final practiced fueling emphasis. Pack everything.
D-1	Calm confidence	Rest OR 10-20 min shakeout. A few mobility movements and 2 relaxed accelerations only if they reliably help.	Protect feet, food tolerance and sleep. No last-minute testing.
RACE	Execute	Use your practiced warm-up. Controlled first run. One cue per station.	Follow the official event brief and current rulebook.

How to scale the template

3 DAYS/WEEK NORMALLY

Use D-6, D-3 or D-2, then race. Other days are recovery - not missing sessions.

5-6 DAYS/WEEK NORMALLY

Keep more short sessions, but reduce duration and work sets. Frequency may stay similar if you recover well.

HIGH FATIGUE NOW

Remove station volume first, then shorten quality reps. Preserve only a brief familiar intensity touch if symptoms settle.

DECISION RULES

Modify from readiness - not emotion

STATUS	WHAT YOU NOTICE	YOUR ACTION
GREEN	Normal mood and resting HR; legs improve during warm-up; no illness or sharp pain.	Complete the planned short session. Stop while movement is crisp.
AMBER	Poor sleep, elevated stress, unusual soreness, flat legs, minor GI disruption or travel fatigue.	Cut session volume 25-50%. Keep one short quality touch or switch to easy movement.
RED	Fever, chest pain, dizziness, sharp or escalating pain, abnormal shortness of breath, vomiting/diarrhea, or marked fatigue.	Do not train. Use appropriate medical guidance. A race is not worth gambling with a red flag.

Singles vs Doubles

SINGLES
Prioritize leg freshness and repeatable run cadence. Touch your highest-risk station early in the week, then stop chasing improvements.

DOUBLES
Rehearse entry/exit calls, work splits and two or three high-value swaps. Do not repeat the whole race plan under fatigue.

TRAVEL RACE
Move the primer earlier if travel is long. Treat travel stress as training load and protect meals, hydration and walking breaks.

Race-week confidence check

[ ] I know my first-run restraint cue.

[ ] I know my start plan and rescue cue for each station.

[ ] I have practiced my pre-race meal, fluid and any during-race carbohydrate.

[ ] I have checked the current official rulebook and event-specific athlete guide.

[ ] My final sessions leave me wanting to do more - not needing extra recovery.

SCIENCE TO PRACTICE

Why this approach works

Endurance taper research most consistently supports a meaningful reduction in training volume while maintaining some training intensity and, where tolerated, much of the normal frequency. The exact reduction varies with training history, fatigue, travel and event demands. HYROX adds loaded station work and eccentric muscle damage, so WPL removes late heavy volume more aggressively than brief running or erg sharpness.

Your taper is successful when readiness improves without the athlete feeling technically disconnected. That is why the plan keeps short race-specific exposures but eliminates proving sessions, failure sets and large simulations.

Evidence notes

Tapering: Wang Z et al. Effects of tapering on performance in endurance athletes: systematic review and meta-analysis. PLoS One. 2023. https://doi.org/10.1371/journal.pone.0282838

Sports nutrition: Thomas DT, Erdman KA, Burke LM. Nutrition and Athletic Performance. J Acad Nutr Diet. 2016;116:501-528. https://doi.org/10.1016/j.jand.2015.12.006

Hydration: Sawka MN et al. Exercise and Fluid Replacement. Med Sci Sports Exerc. 2007;39:377-390. https://doi.org/10.1249/mss.0b013e31802ca597

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Sleep: Walsh NP et al. Sleep and the athlete: 2021 expert consensus recommendations. Br J Sports Med. 2021;55:356-368. https://doi.org/10.1136/bjsports-2020-102025

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WPL RACE WEEK SERIES

DAILY CHECKLIST

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

PHONE + PRINT CHECKLIST

One check-in per day. No race-week chaos.

DAY	TRAIN + LOGISTICS	FUEL + RECOVERY	READINESS QUESTION
D-7	Confirm race start, venue and travel. Remove any full simulation.	Normal balanced meals. Review sleep opportunity.	How quickly do my legs loosen up?
D-6	Complete the last short quality session. Finish confident.	Practice the exact bottle/gel plan once if already tested.	Did I stop before form changed?
D-5	Recover: easy movement or off. Check shoes and socks.	Normal hydration. Do not force extra water.	Soreness trending down?
D-4	Short primer only. Confirm station cues and Doubles calls.	Buy familiar travel/race food. Keep protein steady.	Any amber or red flag?
D-3	Easy or rest. Read the current event guide and rules.	Begin the practiced final-72-hour plan.	Mood, sleep and resting HR normal?
D-2	Short wake-up or rest. Pack the full race bag.	Carbohydrate availability up; fiber adjusted only if needed.	Do I feel better after 10 minutes?
D-1	Optional shakeout. Protect feet. Set alarms and transport.	Familiar food, familiar fluid, familiar caffeine only.	Calm, clear, no last-minute changes?
RACE	Back-time the morning. Warm up without fatigue.	Eat and drink to the practiced plan.	Controlled first run. One cue at a time.

Daily non-negotiables

[ ] No new shoes, supplements, foods, grips, tape methods or station techniques.

[ ] No session that creates soreness or needs a confidence test afterward.

[ ] One realistic sleep opportunity and a plan for travel disruption.

[ ] One clear decision: train as written, reduce, or stop based on readiness.

[ ] Official event details checked from the race organizer - not social media memory.

The win: arrive at the start line feeling slightly underdone, fully prepared and eager to race.

Evidence notes

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WPL RACE WEEK SERIES

FINAL 72 HOURS

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

D-3 TO RACE

The final 72 hours are for protecting performance

You cannot build meaningful new fitness now. You can still improve carbohydrate availability, reduce residual fatigue, simplify decisions and protect your gut. Every choice should make race morning easier.

WINDOW	TRAINING	FUEL + FLUID	LOGISTICS + RECOVERY
D-3	20-35 min easy or rest. Optional short strides.	Normal-to-high carbohydrate availability; steady protein; familiar fluids.	Confirm event guide, route, start time, check-in and travel.
D-2	15-25 min wake-up or rest. No heavy strength.	Shift more of each meal toward familiar carbohydrate. Avoid accidental under-eating as training drops.	Pack race bag and backup nutrition. Protect sleep opportunity.
D-1	Rest or 10-20 min shakeout. No loaded station work.	Simple familiar meals. Reduce very high fiber, fat or spice only if these threaten your gut. Do not force water.	Set clothing, timing, transport and alarms. Feet up without becoming immobile.
RACE	Familiar progressive warm-up. Stop before fatigue.	Back-time the practiced meal. Use only tested carbohydrate, fluid, sodium and caffeine.	Controlled first run. Follow the official athlete guide.

The final-72-hour guardrails

- Keep walking and normal movement during travel; avoid a long sightseeing day or hours standing at the expo.
- Do not chase completely clear urine. Drink to a practiced plan and use urine color, thirst, body mass trend and environment together.
- Do not cut calories because training volume is lower. Race readiness requires adequate energy availability.
- Do not solve poor sleep with a new sleep supplement. Protect routine, light exposure, room temperature and a realistic bedtime.
- If illness or pain is worsening, move from performance planning to a health decision.

Quick personalization

EARLY START

Move more carbohydrate and fluid earlier the day before. Choose a smaller, highly familiar race-morning meal if tolerance is limited.

LATE START

Use a normal breakfast plus a pre-race meal or snack. Avoid grazing so much that the stomach never feels settled.

TRAVEL / HEAT

Plan access to familiar food and fluid. Heat may increase fluid and sodium needs, but do not improvise an aggressive loading protocol.

Ready means: legs improving, decisions finished, gut calm, energy available.

EVIDENCE NOTES: Tapering: Wang et al., PLoS One, 2023 | Sports nutrition: Thomas et al., J Acad Nutr Diet, 2016 | Hydration: Sawka et al., Med Sci Sports Exerc, 2007 | Sleep: Walsh et al., Br J Sports Med, 2021 | Rules: Official 26/27 rulebooks: https://hyrox.com/rulebook/

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WPL RACE WEEK SERIES

RACE-MORNING TIMELINE

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

RACE-MORNING TIMELINE

Back-time from your official start

Use your published start time as T-0. Event entry, bag drop, warm-up access and start-tunnel procedures vary by venue, so cross-check the current athlete guide before you lock the clock.

TIME	ACTION
T-4:00 to T-3:00	Wake, assess, eat the practiced meal. Begin familiar fluid. Keep the morning calm.
T-2:30 to T-2:00	Arrive or complete logistics with enough buffer for check-in, toilets, bag drop and venue navigation.
T-1:15 to T-1:00	Optional practiced carbohydrate top-up. Optional tested caffeine at the timing that matches the product and your tolerance.
T-0:45	8-12 min easy aerobic movement. Start colder/longer if the venue is cool; shorter if warm.
T-0:30	Dynamic ankles, hips and thoracic movement. Add a few squats, lunges and bracing patterns.
T-0:20	2-4 short progressive run builds. Brief Ski/Row or wall-ball pattern only if available and familiar.
T-0:10	Stop adding work. Final toilet/outer layer/entry steps as permitted. Confirm first-run cue and first station cue.
T-0:00	Start controlled. Do not spend the race in the first kilometer.

Warm-up success test

[ ] Body temperature is up and movement feels fluid.

[ ] Breathing has been elevated briefly, but I am not accumulating fatigue.

[ ] I completed 2-4 progressive efforts - not maximal sprints.

[ ] My final minutes are calm enough to lower unnecessary tension.

[ ] I know exactly how I will control the opening run.

No equipment access? Jog or march, use dynamic mobility, then perform 2-4 progressive run builds and a few unloaded station patterns. The purpose is readiness - not recreating every station.

Evidence notes

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FUELING & HYDRATION

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

RACE-WEEK FUELING

Fuel the work you will ask your body to do

The taper lowers training volume, but the race still demands high-intensity running and eight functional stations. Do not accidentally under-fuel because training minutes fall. Shift food toward race usefulness: familiar carbohydrate, steady protein, tolerable fluids and fewer unnecessary experiments.

CARBOHYDRATE	PROTEIN	FLUID + SODIUM
Increase availability during the final 24-48 hours using foods you already tolerate. Match the amount to body size, expected duration and normal intake.	Keep daily protein steady and distributed. Race week is not the time to replace carbohydrate with an unusually high-protein diet.	Start normally hydrated. Use sweat, climate, thirst, urine and prior practice together. Avoid both dehydration and forced overdrinking.

A practical WPL carbohydrate progression

WINDOW	ACTION
D-7 to D-3	Eat to normal training needs even as volume begins to fall. A common moderate-load range is about 4-6 g carbohydrate/kg/day, individualized to the athlete.
Final 48 h	Increase the carbohydrate share of meals/snacks. A practical WPL starting range is about 5-8 g/kg/day; use the higher end for a longer expected race only when tolerated.
Final 24 h	Full endurance loading protocols can reach 10-12 g/kg/day for 36-48 h, but this is not necessary or tolerable for every HYROX athlete. Use only a proven individualized plan.
1-4 h pre-race	Evidence-based range: 1-4 g carbohydrate/kg. Many HYROX athletes tolerate the lower-to-middle part of the range 2-3 h before; use your tested amount.

During-race decision by expected finish time

EXPECTED TIME	PRACTICAL STARTING POINT
<75 min	A well-timed pre-race meal may cover most needs. Optional small carbohydrate close to the start only if practiced.
75-105 min	Consider a planned 20-40 g carbohydrate dose from drink, gel or chew. Choose a time you can swallow safely and tolerate at race breathing.
>105 min	A common endurance framework is 30-60 g/h, but access and GI tolerance matter. Use practiced split doses rather than forcing one large gel.

These are starting points, not prescriptions. A smaller athlete, an athlete using carbohydrate drink, and an athlete with prior GI issues may need very different execution.

PERSONALIZE

Hydration, sodium and caffeine without guesswork

Hydration

- Begin the race normally hydrated. Pale-straw urine and normal thirst are more useful than chasing completely clear urine.
- If you use body mass data, compare to your own normal morning range. A sudden increase can also reflect overdrinking.
- Warm venues, long travel and high sweat losses may raise needs. Use previous sessions and a practitioner plan rather than a social-media sodium target.
- Never use aggressive fluid restriction or an untested sodium load.

Optional caffeine

Research commonly supports 3-6 mg/kg, but more is not automatically better and side effects rise. WPL recommends the lowest personally effective, previously tested dose - often about 1-3 mg/kg - with total caffeine counted across coffee, gels, gum, drinks and supplements. If caffeine disrupts sleep, increases anxiety, raises GI urgency or interacts with medication, the performance tradeoff may be negative.

Your locked race-fuel card

[ ] Pre-race meal: _____ Time: _____

[ ] Optional top-up: _____ Time: _____

[ ] During-race carbohydrate: _____ Planned point: _____

[ ] Fluid + sodium: _____ Backup: _____

[ ] Caffeine total from all sources: _____ mg Timing: _____

[ ] GI backup plan: _____

If you have not practiced it while breathing hard, it is not part of your race plan.

Evidence notes

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TRAVEL & RACE BAG

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

TRAVEL + RACE BAG

Pack the race you planned

DOCUMENTS + ACCESS

[ ] Photo ID	[ ] Registration/confirmation
[ ] Start time and athlete guide	[ ] Venue address + transport
[ ] Emergency contact	[ ] Required medical/TUE documents where applicable

RACE KIT

[ ] Race shoes	[ ] Backup familiar shoes
[ ] Race socks + spare pair	[ ] Race outfit
[ ] Sports bra/base layers	[ ] Timing chip instructions if provided
[ ] Hair ties, tape or blister care already tested	

FUEL + FLUID

[ ] Pre-race meal components	[ ] Tested gel/chew/drink
[ ] Measured caffeine plan if used	[ ] Familiar bottle
[ ] Post-race snack	[ ] Travel-day food backup

COMFORT + RECOVERY

[ ] Warm outer layer	[ ] Dry shirt/socks
[ ] Small towel	[ ] Phone + charger
[ ] Any permitted personal medication	[ ] Simple recovery meal plan

Before you leave home

[ ] Screenshot key information in case venue signal is poor.

[ ] Check the exact event's published rules, check-in and bag restrictions.

[ ] Put essential race kit and nutrition in carry-on luggage when flying.

[ ] Do not spend race-eve energy hunting for familiar food that could have traveled with you.

Nothing new. Nothing missing. Nothing important left to memory.

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WHAT NOT TO DO

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

WHAT NOT TO DO

Ten ways athletes sabotage race week

MISTAKE	WHY IT COSTS YOU	BETTER DECISION
1. Full simulation	Do not prove fitness with a late race rehearsal.	Use one short quality session and finish confident.
2. New shoes	Do not gamble with fit, traction or blister risk.	Race in a proven shoe and sock combination.
3. Heavy leg strength	Do not create soreness or eccentric damage.	Use brief familiar primer work or skip it.
4. New technique	Do not rebuild a station under pressure.	Use one proven cue and one rescue cue.
5. Crash dieting	Do not lower energy intake because training falls.	Fuel availability and recovery on purpose.
6. Forced water	Do not chase clear urine all day.	Start normally hydrated and follow a practiced plan.
7. Sodium experiment	Do not copy someone else's sweat plan.	Use your known needs, environment and products.
8. Supplement stack	Do not add stimulants, sleep aids or GI products late.	Use only previously tested, appropriate products.
9. Sleep panic	Do not catastrophize one imperfect night.	Protect several nights and keep the routine calm.
10. Expo marathon	Do not turn logistics into a long standing/walking day.	Complete essentials, then recover.

Ask before every choice

Will this make me measurably more ready on race morning - or am I trying to calm anxiety by doing more?

Race week rewards restraint. Confidence comes from a completed build and a locked plan, not from one more test.

Evidence notes

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POST-RACE RECOVERY

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

FIRST 72 HOURS

Recover the athlete - then analyze the race

WINDOW	RECOVERY ACTION	DECISION RULE
0-30 min	Walk until breathing settles. Change into dry/warm clothing. Begin familiar fluid and an easy carbohydrate/protein option if appetite allows.	Record urgent symptoms and seek event medical support when needed.
30 min-4 h	Eat a full balanced meal. If another event or hard session is soon, prioritize rapid carbohydrate replacement; otherwise normal recovery meals are sufficient.	Rehydrate gradually. Include sodium based on known sweat loss, food and environment.
4-24 h	Normal meals, protein distributed across the day, sleep opportunity and gentle movement.	Do not make a training decision while adrenaline, soreness or disappointment is high.
24-48 h	Walk, easy bike or swim only if movement improves how you feel. No penalty workout.	Complete the race debrief while details are still clear.
48-72 h	Return to easy training only when walking, stairs, sleep, appetite and resting metrics are normalizing.	Delay intensity if soreness is changing mechanics or symptoms are worsening.

Rapid-recovery nutrition - only when needed

When another race or demanding session occurs within about 24 hours, evidence supports rapid carbohydrate replacement around 1.0-1.2 g/kg/h for the first few hours, plus approximately 0.3 g/kg high-quality protein. When the next hard session is days away, a normal carbohydrate-rich meal with 20-40 g protein and adequate total intake is usually more practical.

Your 24-hour debrief

[ ] Run splits and when pace first changed

[ ] Station splits, no-reps and penalties

[ ] Roxzone and transition execution

[ ] Fuel/fluid timing and GI response

[ ] Doubles swaps and communication

[ ] One limiter to train - and one strength to preserve

Red flags after the race

- Chest pain, fainting, severe or worsening shortness of breath, confusion or neurological symptoms.
- Inability to keep fluid down, minimal/dark urine despite recovery, or severe persistent cramping.
- Marked swelling, focal sharp pain, inability to bear weight, or pain that worsens rather than settles.
- Very dark cola-colored urine with severe muscle pain or weakness requires urgent assessment.

Training resumes when function returns - not simply when the calendar says so.

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