WARRIOR
PERFORMANCE LAB

FREE RESOURCE



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

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

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

Rules: Use the current official 26/27 HYROX Singles or Doubles rulebook and your event-specific athlete guide: https://hyrox.com/rulebook/

This WPL resource is educational and does not replace individualized medical, dietetic or coaching care. Athletes with illness, injury, pregnancy, medication concerns, a history of heat illness, or significant gastrointestinal issues should use an individualized plan.