
WARRIOR
PERFORMANCE LAB
PRO RESOURCE
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/

Educational resource only; individualize for medical history, injury, illness, pregnancy, medication, heat risk and significant GI issues.