WARRIOR
PERFORMANCE LAB

FREE RESOURCE



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

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

Caffeine: Guest NS et al. ISSN position stand: caffeine and exercise performance. JISSN. 2021. https://doi.org/10.1186/s12970-020-00383-4

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.