WARRIOR
PERFORMANCE LAB

FREE RESOURCE



WPL RACE WEEK SERIES

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

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.