



WPL STATION INTELLIGENCE  
TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

05

RACE ORDER

# ROWERG

Legs create the drive. Sequence preserves the energy.

## OFFICIAL 26/27 RACE SNAPSHOT

1,000 m | Station 5 | Damper preset to 6; athlete may adjust

| CATEGORY                | STANDARD |
|-------------------------|----------|
| All Singles and Doubles | 1,000 m  |

## WHAT THIS STATION ACTUALLY TESTS

Leg-to-handle sequencing, force per stroke, aerobic power, trunk endurance, stroke-length efficiency, and the cost carried into Run 6.

### PRIMARY MUSCLES

Quadriceps, gluteals, hamstrings, latissimus dorsi

### SUPPORTING SYSTEM

Trunk, biceps, forearms, calves, scapular stabilizers

### PERFORMANCE DEMAND

Aerobic dominant when paced correctly. A high damper, rushed rate, or early maximal drive increases local leg and low-back fatigue.



# READ THE SIGNAL

A split tells you where time was lost. This page helps you test why.

## WPL DIAGNOSTIC RULE

Treat each pattern as a hypothesis, not a diagnosis. Verify it with a controlled test, video, comparable surface/equipment, and the run that follows.

| OBSERVED SIGNAL            | POSSIBLE LIMITER                                        | HOW TO VERIFY                             |
|----------------------------|---------------------------------------------------------|-------------------------------------------|
| High rate, slow split      | Short stroke or poor force sequencing                   | Rate-cap test at 24-26 spm                |
| Arms burn early            | Early arm pull or weak leg connection                   | Legs-only drill followed by normal rowing |
| Low back pumps             | Poor hinge timing, trunk endurance, or over-compression | Video catch and finish positions          |
| Fast first 250, large fade | Pacing error or excess damper/force                     | Compare all four 250 m segments           |
| Good Row split, poor Run 6 | Excess leg cost or poor aerobic recovery                | 1,000 m Row + 1,000 m run test            |

## WHAT STRENGTH LOOKS LIKE

Legs-body-arms drive, arms-body-legs recovery, long relaxed strokes, stable split, clean breathing, and fast return to Run 6 rhythm.

## WHAT DESERVES INVESTIGATION

Rushed slide, early knee bend, arm-dominant pulling, high damper by habit, shortened strokes, or major Run 6 slowdown.



# MOVE WELL. SAVE ENERGY.

Race-standard execution, useful substitutes, and the limits of each substitute.

### TECHNIQUE PRIORITIES

- At the catch: arms long, trunk slightly forward, shins near vertical.
- Drive in sequence: legs first, then body swing, then arms.
- Finish with the handle below the ribs and shoulders relaxed.
- Recover arms first, then body, then allow the knees to bend.
- Keep the recovery slower than the drive and the handle path level.

### COMMON PERFORMANCE LEAKS

- Opening the back before the legs create pressure.
- Pulling with the arms at the catch.
- Bending the knees before the hands clear them.
- Chasing stroke rate instead of force and length.
- Standing before 1,000 m and judge confirmation.

## TRAIN IT WITHOUT THE EXACT STATION

MATCH THE STIMULUS - DO NOT PRETEND IT IS IDENTICAL

| OPTION                         | BEST MATCH                    | PRACTICAL DOSE      | WHAT IT DOES NOT REPLACE |
|--------------------------------|-------------------------------|---------------------|--------------------------|
| Band/cable row + hip hinge     | Pull sequence + trunk timing  | 5 x 45 s continuous | No sliding leg drive     |
| Kettlebell swing + row pairing | Hip power + pulling endurance | 5 rounds: 12 + 10   | Two separate movements   |
| Bike intervals                 | Aerobic duration + leg demand | 4-6 x 2 min         | No upper-body pull       |
| Seated band row                | Scapular/lat endurance        | 4 x 15-20 reps      | Low full-body demand     |

### PROGRAMMING PRINCIPLE

A substitute is useful only when its purpose is named. Combine one movement-pattern option with one force/endurance option and, when needed, a separate metabolic interval. Re-test on the real station before race day.



# BUILD. COMPROMISE. RE-TEST.

Two practical sessions plus a repeatable race-execution plan.

## STATION BUILDER

- Technique: 3 rounds of 10 legs-only, 10 full strokes.
- 5 x 250 m at target race pace; 45 s easy recovery.
- Hold rate within 2 spm and splits within 2-3 s.
- Finish with 3 x 1 min easy-perfect rowing.

## COMPROMISED PERFORMANCE

- 3 rounds: 1,000 m run + 500 m RowErg.
- Rest 2 min after rowing.
- Use the same damper and foot setting every round.
- Record Row fade and first 400 m of the next run.

## RACE EXECUTION

### ENTER

Adjust footplates quickly, confirm the monitor reset, and take 2-3 connected strokes before settling.

### WORK

Cap the first 250 m. Drive with the legs, relax the recovery, and keep a sustainable rate.

### EXIT

Stay seated until 1,000 m and judge confirmation. Stand smoothly and rebuild Run 6 cadence before pace.

## BENCHMARK AND RECORD

1,000 m at planned race effort. Record each 250 m split, average stroke rate, damper, RPE, and the next 1,000 m run. Improvement means equal/faster Row time with steadier segments and less Run 6 disruption.

## SOURCES

HYROX Single Rulebook 26/27: [https://maintain.hydrox.com/rulebooks/HYROX\\_RulebookSingles\\_EN.pdf](https://maintain.hydrox.com/rulebooks/HYROX_RulebookSingles_EN.pdf)  
HYROX Doubles Rulebook 26/27: [https://maintain.hydrox.com/rulebooks/HYROX\\_RulebookDoubles\\_EN.pdf](https://maintain.hydrox.com/rulebooks/HYROX_RulebookDoubles_EN.pdf)  
Concept2 RowErg Technique: <https://www.concept2.com/training/rowing-technique>