



SLED PULL

Leg drive, rope rhythm and grip endurance must work as one system.

OFFICIAL 26/27 RACE SNAPSHOT

50 m | 4 x 12.5 m | Station 3 | Total mass includes sled

CATEGORY	STANDARD
Women Open / Doubles Women	78 kg
Women Pro / Men Open / Doubles Men / Mixed	103 kg
Men Pro / Doubles Men Pro	153 kg

WHAT THIS STATION ACTUALLY TESTS

Backwards leg drive, hand-over-hand pulling, grip endurance, lat and scapular force, trunk stiffness, and rope-management efficiency.

PRIMARY MUSCLES	SUPPORTING SYSTEM	PERFORMANCE DEMAND
Latissimus dorsi, biceps, forearms, quadriceps, gluteals	Rhomboids, rear deltoids, trunk, calves, foot stabilizers	Repeated high-force pulling with local grip and back fatigue. Poor rope rhythm adds non-productive work and extends exposure time.



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
Hands open before legs fatigue	Grip endurance is the immediate limiter	Compare heavy timed hold with 12.5 m pull performance
Arms pull, sled barely moves	Insufficient backward leg drive or poor coordination	Video side view and test backward heavy march
Rope repeatedly goes slack	Rhythm and rope management problem	Count pauses/slack events over one length
Low back pumps or rounds	Trunk position or load tolerance issue	Compare tall-braced vs flexed pulling video
Pull split fine, Run 4 poor	Station cost and upper-body tension delay recovery	25 m pull + 1,000 m run test

WHAT STRENGTH LOOKS LIKE

Continuous backward steps, fast hand-over-hand rhythm, tight rope, neutral trunk, efficient pile placement, and no grip panic.

WHAT DESERVES INVESTIGATION

Sitting or kneeling, excessive trunk flexion, long rope slack, stepping on lane lines, grip failure, or slow trips between ends.



MOVE WELL. SAVE ENERGY.

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

TECHNIQUE PRIORITIES

- Stay standing with a braced trunk and active backward steps.
- Pull hand-over-hand while the legs keep creating distance.
- Keep the rope organized inside the lane and away from the feet.
- Use a repeatable hand path rather than oversized arm pulls.
- Move quickly to the opposite end after the sled crosses the line.

COMMON PERFORMANCE LEAKS

- Trying to win with the arms while the feet stop moving.
- Allowing the rope to go slack between pulls.
- Rounding the back and losing trunk stiffness.
- Stepping on the Racers Box line while holding the rope.
- Sitting or kneeling, which is not permitted.

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
Heavy cable/band hand-over-hand pull	Rope rhythm + upper-body endurance	5 x 30-45 s	No backward locomotion
Backward treadmill walk	Backward leg drive	6 x 45 s hard	No rope or grip demand
Alternating heavy row	Lat/biceps force	4 x 8-12 each side	Different stance and rhythm
Towel hold or dead hang	Grip endurance	4 x 30-45 s	Grip only

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

- 6 x 12.5 m at 80-90% race load.
- Alternate focus: fast feet, then fast hands.
- Rest 75-120 s and keep every rope pile clean.
- Finish with 4 x 30 s heavy towel or farmer holds.

COMPROMISED PERFORMANCE

- 4 rounds: 600 m run + 25 m sled pull at race load.
- Rest 2 min after each pull.
- Record grip RPE, rope-slack events, and next-run settling time.
- Aim for identical strategy across all rounds.

RACE EXECUTION

ENTER

Take the assigned lane, confirm the load, and organize the first rope section without crossing the box line.

WORK

Keep feet moving, rope tight, and pulls compact. Exhale through the hardest hand-over-hand sequence.

EXIT

Confirm the sled fully crosses the line, release upper-body tension, and use Run 4 to restore arm swing.

BENCHMARK AND RECORD

Complete 4 x 12.5 m at race load. Record each length, grip RPE, number of stops, rope-slack events, and Run 4 pace after the station. Repeat on the same surface and rope setup.

SOURCES

HYROX Single Rulebook 26/27: https://maintain.hydrox.com/rulebooks/HYROX_RulebookSingles_EN.pdf

HYROX Doubles Rulebook 26/27: https://maintain.hydrox.com/rulebooks/HYROX_RulebookDoubles_EN.pdf