



BURPEE BROAD JUMP

Movement economy beats heroic early jumps.

OFFICIAL 26/27 RACE SNAPSHOT

80 m | Station 4 | Two-foot takeoff and landing

CATEGORY	STANDARD
All Singles and Doubles	80 m

WHAT THIS STATION ACTUALLY TESTS

Floor-to-standing efficiency, horizontal jump power, elastic landing control, aerobic recovery, trunk stiffness, and repeatable cadence.

PRIMARY MUSCLES	SUPPORTING SYSTEM	PERFORMANCE DEMAND
Gluteals, quadriceps, calves, pectorals, triceps	Hamstrings, trunk, shoulders, hip stabilizers	Mixed aerobic-glycolytic work with repeated floor transitions. Excess jump length often raises energy cost faster than it reduces repetitions.



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
Long jumps early, severe fade	Unsustainable strategy or glycolytic overreach	Compare first and final 20 m cadence
Short jumps, breathing controlled	Horizontal power or confidence is limiting	Standing broad jump plus 10 m repeat test
Slow floor turnover	Burpee mechanics, trunk endurance, or mobility	Time 10 burpee step-outs without jumps
Knees cave or landings collapse	Hip/foot control or fatigue-management issue	Video first and final 10 m
Run 5 starts extremely slow	Station cost exceeds current recovery capacity	20 m BBJ + 1,000 m run test

WHAT STRENGTH LOOKS LIKE

Consistent jump length, chest clearly contacts the floor, feet land together, hands stay close to the toes, and cadence barely changes late.

WHAT DESERVES INVESTIGATION

Oversized first jumps, long standing pauses, staggered feet, hands reaching too far forward, poor landing control, or a large Run 5 slowdown.



MOVE WELL. SAVE ENERGY.

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

TECHNIQUE PRIORITIES

- Choose a repeatable jump distance, not your maximum jump.
- Place hands close enough that the feet do not travel past the fingertips.
- Step or jump out of the burpee based on sustainable rhythm.
- Take off and land with both feet together and control the landing.
- Use a steady breathe-down, jump-forward cadence.

COMMON PERFORMANCE LEAKS

- Hands more than 30 cm ahead of the toes.
- Staggered takeoff/landing or extra shuffle steps.
- Chest not making clear floor contact.
- Maximal broad jumps that destroy repeatability.
- Landing on a finish line instead of fully crossing it.

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
Burpee + line hop	Floor turnover + cadence	6 x 45 s	Less horizontal power
Burpee + squat jump	Full-body metabolic pattern	5 x 8-10 reps	Vertical, not horizontal jump
Standing broad-jump repeats	Horizontal power + landing	6 x 4 quality jumps	No floor transition
Low-impact step-back burpee + step	Pattern and aerobic duration	5 x 60 s	Lower power and impact

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.



WPL STATION INTELLIGENCE

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

BUILD. COMPROMISE. RE-TEST.

Two practical sessions plus a repeatable race-execution plan.

STATION BUILDER

- 6 x 10 m at planned race cadence; 45 s rest.
- Count jumps and keep the count within one rep each set.
- Then 4 x 4 standing broad jumps with full recovery.
- Stop power work when landing quality decreases.

COMPROMISED PERFORMANCE

- 4 rounds: 400 m run + 20 m Burpee Broad Jump.
- Rest 90 s after each 20 m section.
- Hold the same number of jumps and cadence each round.
- Record the first 200 m pace after each station block.

RACE EXECUTION

ENTER

Start with hands behind the line and chest clearly down. Commit to your pre-selected cadence.

WORK

Make every rep legal and repeatable. Avoid standing still; shorten the jump slightly before adding long pauses.

EXIT

Jump fully over the finish line, then use quick short steps before opening Run 5 stride length.

BENCHMARK AND RECORD

Complete 4 x 20 m with 60 s rest. Record time, number of jumps, any standard faults, and first 400 m run pace after the final set. A better score is faster with equal jump count and no loss of landing quality.

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