



SLED PUSH

Horizontal force under friction. The floor always gets a vote.

OFFICIAL 26/27 RACE SNAPSHOT

50 m | 4 x 12.5 m | Station 2 | Total mass includes sled

CATEGORY	STANDARD
Women Open / Doubles Women	102 kg
Women Pro / Men Open / Doubles Men / Mixed	152 kg
Men Pro / Doubles Men Pro	202 kg

WHAT THIS STATION ACTUALLY TESTS

Horizontal force, lower-body strength, ankle stiffness, trunk bracing, traction strategy, and repeated-force endurance under venue-specific friction.

PRIMARY MUSCLES

Quadriceps, gluteals, calves, adductors

SUPPORTING SYSTEM

Trunk, serratus anterior, shoulders, feet and ankle stabilizers

PERFORMANCE DEMAND

High local muscular and glycolytic demand. Surface friction can change the force requirement dramatically even when the listed load is identical.



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
Sled will not start	Insufficient peak horizontal force or poor body angle	Test a 12.5 m start at several loads on the same turf
Starts well, stalls late	Local quad/glute endurance or breath-holding	Compare first and fourth 12.5 m splits
Feet spin or slip	Traction, step placement, or angle issue	Video foot strike; compare footwear on identical turf
Many long stops	Load is above sustainable force reserve	Use 5-10% lighter load and compare continuity
Push acceptable, Run 3 collapses	Excess glycolytic cost or poor post-force recovery	25 m race load + 1,000 m run test

WHAT STRENGTH LOOKS LIKE

Fast first movement, short powerful steps, stable trunk, continuous pressure through the turns, and a controlled return to run mechanics.

WHAT DESERVES INVESTIGATION

Sled does not break inertia, hips rise, steps become long, feet slip, breathing locks, or the athlete needs repeated long stops.



MOVE WELL. SAVE ENERGY.

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

TECHNIQUE PRIORITIES

- Set a low but sustainable body angle before driving.
- Keep ribs and pelvis connected; do not let the low back overextend.
- Use short, forceful steps and keep pressure on the sled.
- Drive through the floor rather than reaching too far with each step.
- Re-accelerate immediately after the sled fully crosses each line.

COMMON PERFORMANCE LEAKS

- Training only on fast turf and assuming race friction will match.
- Taking long steps that move the foot ahead of effective force.
- Letting the hips rise and turning the push into an upper-body brace.
- Holding the breath for an entire length.
- Turning before the entire sled crosses the 12.5 m line.

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 incline treadmill walk	Leg drive + sustained metabolic cost	6 x 45-60 s hard	No sled inertia or turf friction
Band-resisted acceleration march	Horizontal force angle	5 x 20-30 steps	Lower absolute force
Heavy step-up or front squat	Lower-body force reserve	4 x 5-8 reps	Vertical, not horizontal force
Split-stance wall-drive isometric	Body angle + trunk stiffness	4 x 20 s each side	Isometric 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% of race load on matched turf.
- Rest 75-120 s; every length starts from stillness.
- Progress load only when all lengths remain continuous.
- Add 3 x 20 s split-stance wall-drive isometrics each side.

COMPROMISED PERFORMANCE

- 4 rounds: 600 m run + 25 m sled push at race load.
- Rest 2 min after each push.
- Record push time and first 200 m pace of the next run.
- Stop the session if body angle or foot traction becomes unsafe.

RACE EXECUTION

ENTER

Find the assigned lane, confirm the load, and set body position before forcing the first movement.

WORK

Think pressure, short steps, and steady exhale. Use brief planned resets rather than uncontrolled collapse.

EXIT

Finish the line completely, stand tall for 2-3 breaths, then rebuild stride frequency into Run 3.

BENCHMARK AND RECORD

Complete 4 x 12.5 m at race load on the same sled, turf, and footwear whenever possible. Record each length, number of stops, surface, and the first 400 m of the next run. Do not compare sled times across different surfaces as if they were equivalent.

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