



WPL STATION INTELLIGENCE
TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

R+
RACE ORDER

RUNNING + ROXZONE

Eight compromised kilometers. Sixteen transitions. One continuous race.

OFFICIAL 26/27 RACE SNAPSHOT

8 x approx. 1 km designated runs + Roxzone and station travel

CATEGORY	STANDARD
All Singles and Doubles	8,000 m designated running total

WHAT THIS STATION ACTUALLY TESTS

Running economy under accumulated fatigue, pace control, recovery kinetics, lap counting, route execution, decision speed, and transition discipline.

PRIMARY MUSCLES

Gluteals, quadriceps, hamstrings, calves

SUPPORTING SYSTEM

Trunk, hip stabilizers, feet and ankles, upper-body rhythm

PERFORMANCE DEMAND

Running usually occupies the largest single portion of total race time. Roxzone time is not recovery by default; it is additional movement and decision-making between every run and station.



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
Run 1 is much faster than all others	Opening pace exceeds sustainable hybrid pace	Compare Run 1 to median of Runs 2-8
Large loss after sleds/lunges	Local leg fatigue or poor post-force recovery	Station + 1,000 m transition tests
Station splits good, total time poor	Running and/or Roxzone is the main opportunity	Sum run, workout, and Roxzone totals separately
Wrong laps or arch hesitation	Course-process skill is undertrained	Map rehearsal plus verbal race-order test
Pace takes >300-400 m to settle	Recovery kinetics or station overpacing	Record first and final 500 m after each station

WHAT STRENGTH LOOKS LIKE

Controlled Run 1, small pace drift, fast recognition of IN/OUT routes, direct lines, deliberate aid use, and rapid return to mechanics after every station.

WHAT DESERVES INVESTIGATION

Fresh-run fitness does not transfer, long Roxzone walking, route indecision, missed laps, early overpacing, or repeated acceleration followed by slowing.



MOVE WELL. SAVE ENERGY.

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

TECHNIQUE PRIORITIES

- Run the pace you can repeat after stations, not fresh 5K pace.
- Use quick cadence for 100-200 m after heavy-leg stations.
- Count your own laps and know the station order before race day.
- Enter through IN and exit through OUT every time.
- Use the shortest legal line and make aid-station decisions in advance.

COMMON PERFORMANCE LEAKS

- Treating the Roxzone as unmeasured rest.
- Sprint-walk transitions instead of controlled continuous movement.
- Relying completely on venue lap screens.
- Following another athlete through the wrong route.
- Ignoring the extra foot travel outside the designated 8 km run.

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
Treadmill compromised repeats	Pace control after stations	4-6 x 1 km + 60-90 s work	No venue turns/route
Bike-to-run bricks	Cardiovascular transition	5 x 2 min bike + 800 m run	Different muscle fatigue
Parking-lot transition circuit	Route + decision rehearsal	8 station markers, 2-3 rounds	No race crowd/course
Incline run/walk intervals	Durability with leg load	6 x 3 min	Not station-specific fatigue

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 1,000 m at predicted HYROX run pace; 60-75 s easy.
- Keep the final rep within 3-5% of the first.
- Practice 15-20 s quick-cadence entries before settling.
- Record pace, HR/RPE, cadence, and drift.

COMPROMISED PERFORMANCE

- 4 rounds: 60-90 s station work + 1,000 m run.
- Rotate leg-heavy, pull-heavy, floor, and carry patterns.
- Move straight from station to run. Recover 60-90 s after the run, before starting the next round.
- Record first vs second 500 m and transition time.

RACE EXECUTION

ENTER

Before the start, know lap count, fast/running lane rules, station order, and where IN/OUT arches sit on the map.

WORK

Keep moving with purpose. Use aid quickly, make one decision at a time, and avoid unnecessary backtracking.

EXIT

Leave via OUT, take 10-20 quick steps, then settle to planned pace. Re-check which station comes next.

BENCHMARK AND RECORD

Break every race or simulation into Run Total, Workout Total, and Roxzone Total. Track each 1 km, transition time, first 500 m after each station, pace drift, and any route errors. The target is not merely faster fresh running; it is less slowdown and less unproductive transition time.

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
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