



WPL STATION INTELLIGENCE
TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

08
RACE ORDER

WALL BALLS

Squat, throw, receive, repeat - after the entire race has already happened.

OFFICIAL 26/27 RACE SNAPSHOT

100 valid reps | Station 8 | Below-parallel squat + correct target

CATEGORY	STANDARD
Women Open / Doubles Women	4 kg 2.70 m target
Women Pro	6 kg 2.70 m target
Men Open / Men Doubles	6 kg 3.00 m target
Men Pro / Men Pro Doubles	9 kg 3.00 m target

WHAT THIS STATION ACTUALLY TESTS

Squat endurance, overhead power endurance, accuracy, breathing rhythm, movement standard consistency, and set strategy under maximum accumulated fatigue.

PRIMARY MUSCLES

Quadriceps, gluteals, deltoids, triceps

SUPPORTING SYSTEM

Calves, trunk, upper back, forearms, hip stabilizers

PERFORMANCE DEMAND

High local muscular and ventilatory demand at the end of the race. No-reps make movement quality part of performance, not merely technique aesthetics.



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
Target misses, legs feel fine	Throw timing, accuracy, or upper-body power	Fresh 30-rep accuracy test
Depth no-reps appear late	Leg endurance, mobility, or fatigue awareness	Video first and final 20 reps
Shoulders fail first	Upper-body power endurance or inefficient catch	EMOM set test with target accuracy
Breathing forces long breaks	Pacing or aerobic/glycolytic tolerance	Compare planned vs reactive set structure
Strong fresh, collapse after Run 8	Specific fatigue transfer is missing	1,000 m run + 50 wall balls test

WHAT STRENGTH LOOKS LIKE

Consistent depth, accurate target contact, ball stays close, breathing is rhythmic, planned sets are maintained, and no-reps are rare.

WHAT DESERVES INVESTIGATION

Shallow squats, drifting ball path, catching too low, pressing with fatigued arms, reactive tiny sets, or repeated no-reps.



MOVE WELL. SAVE ENERGY.

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

TECHNIQUE PRIORITIES

- Begin tall before the first squat; do not pick and throw immediately.
- Descend below parallel while keeping the ball close to the torso.
- Drive through legs and hips before finishing with the arms.
- Receive softly and use the catch to guide the next squat.
- Use a planned set/rest structure before fatigue chooses it for you.

COMMON PERFORMANCE LEAKS

- Hips do not descend below the knees.
- Ball misses or only brushes the wrong target area.
- Arms press without enough leg drive.
- Catching a bounced ball and continuing without standing tall.
- Starting unplanned maximum sets and fragmenting badly later.

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
Dumbbell thruster	Squat-to-overhead endurance	5 x 12-20 reps	No ballistic target/catch
Sandbag squat-to-press	Leg + trunk + press endurance	4 x 15 reps	Different implement path
Squat + band press	Movement rhythm with low equipment	6 x 45 s	Low power/accuracy demand
Target squat + overhead reach	Depth consistency + cadence	5 x 20 reps	Minimal external load

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.



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BUILD. COMPROMISE. RE-TEST.

Two practical sessions plus a repeatable race-execution plan.

STATION BUILDER

- 10-min EMOM: 10-15 legal wall balls each minute.
- Choose a rep target that preserves depth and accuracy.
- Then 3 x 8 explosive squat-to-throws with full recovery.
- Progress density before chasing one unbroken set.

COMPROMISED PERFORMANCE

- 4 rounds: 600 m run + 25 wall balls.
- Rest 90 s after each wall-ball set.
- Use the same target and ball as race division.
- Record no-reps, set breaks, and breathing-control time.

RACE EXECUTION

ENTER

Choose the correct ball/target, stand tall, and tell yourself the exact first set before starting.

WORK

Use legs to throw, keep the ball close, and break 2-3 reps before failure when following a set plan.

EXIT

Wait for 100 valid reps and judge confirmation, collect shoes if removed, then move directly to the finish.

BENCHMARK AND RECORD

100 legal reps at race load/target, ideally after 1,000 m running. Record total time, planned and actual sets, no-reps, longest break, and why each break occurred. Improvement means fewer no-reps and less fragmentation, not only a faster fresh set.

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