



WPL STATION INTELLIGENCE

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

FIELD GUIDE COLLECTION | SEASON 26/27

HYROX STATION INTELLIGENCE

Know the station. Read the signal. Train the limiter. Protect the run.

INCLUDES

8 station field guides | Running + Roxzone | Official 26/27 race standards | Limiter diagnostics | Practical substitutions | Builder and compromised sessions | Benchmarks and race execution

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.



HOW TO USE THIS PLAYBOOK

Performance analysis should create a training decision, not merely a label.

1. FIND THE SIGNAL

Start with the race split, video, standard faults, set breaks, and the run immediately after the station. A fast split can still be too expensive if it damages the next segment.

2. TEST THE HYPOTHESIS

Use the diagnostic matrix to select one controlled test. Match the equipment, surface, load, and fatigue state whenever possible. Do not declare a limiter from one split alone.

3. TRAIN THE LIMITER

Choose the builder session for force, skill, or capacity. Use the compromised session only when the athlete can maintain legal movement and useful intensity.

RACE ORDER

ORDER	GUIDE	RACE STANDARD
01	SkiErg	1,000 m
02	Sled Push	50 m
03	Sled Pull	50 m
04	Burpee Broad Jump	80 m
05	RowErg	1,000 m
06	Farmers Carry	200 m
07	Sandbag Lunges	100 m
08	Wall Balls	100 reps
R+	Running + Roxzone	8 x approx. 1 km + transitions

Official race standards verified against the HYROX Single and Doubles Rulebooks for Season 26/27.



WPL STATION INTELLIGENCE
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01
RACE ORDER

SKIERG

Create power with the whole body. Protect the run that follows.

OFFICIAL 26/27 RACE SNAPSHOT

1,000 m | Station 1 | Damper preset to 6; athlete may adjust

CATEGORY	STANDARD
All Singles and Doubles	1,000 m

WHAT THIS STATION ACTUALLY TESTS

Full-body cyclical pulling, force per stroke, aerobic power, trunk-to-arm force transfer, and the ability to settle immediately into Run 2.

PRIMARY MUSCLES

Latissimus dorsi, triceps, rectus abdominis, obliques, gluteals

SUPPORTING SYSTEM

Hamstrings, quadriceps, calves, forearms, scapular stabilizers

PERFORMANCE DEMAND

Aerobic dominant at controlled race pace, with rising glycolytic cost when the opening 250 m is too aggressive.



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
First 250 m fast, large fade	Pacing error or excess glycolytic contribution	Compare each 250 m split; repeat with a capped first 250 m
Arms burn before breathing peaks	Arm-dominant pull or limited lat/triceps endurance	Compare normal skiing with a short arms-only block
High stroke rate, modest pace	Low force per stroke or rushed recovery	Hold a lower rate and check whether pace stays stable
Good Ski split, poor Run 2	Station cost is too high for current aerobic recovery	Test 1,000 m Ski + 1,000 m run and record run settling time
Low power at every rate	Hinge timing, trunk force, or general pulling strength	30 s power test plus video of the first 10 strokes

WHAT STRENGTH LOOKS LIKE

Even 250 m segments, controlled breathing, hips and trunk initiate the drive, relaxed recovery, and Run 2 returns to target pace quickly.

WHAT DESERVES INVESTIGATION

Early arm pump, frantic rate, shortened pull, deep squat pattern, breath holding, or a large Run 2 slowdown despite an acceptable Ski split.



MOVE WELL. SAVE ENERGY.

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

TECHNIQUE PRIORITIES

- Start tall and athletic with a slight knee bend.
- Initiate with trunk and hip flexion; let the arms follow.
- Use a hip hinge rather than turning every stroke into a deep squat.
- Finish handles near the pockets, then recover smoothly and fully.
- Choose a rate you can maintain for all 1,000 m, not only the first 200 m.

COMMON PERFORMANCE LEAKS

- Pulling first with the arms and losing bodyweight contribution.
- Over-squatting and loading the quadriceps before the sleds.
- Chasing a high stroke rate with incomplete recovery.
- Starting well faster than target 500 m split.
- Leaving before the judge confirms completion.

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
High-anchor band double-pole	Pull pattern + trunk timing	5 x 45 s, 45 s easy	Does not reproduce flywheel pacing
Cable straight-arm pulldown + hinge	Lat/triceps force endurance	4 x 12-15 controlled reps	Lower cardiovascular demand
Medicine-ball slam	Explosive trunk-to-arm power	6 x 8 crisp reps	Power only; not 1,000 m endurance
Bike or row intervals	Aerobic/metabolic duration	4-6 x 2 min at race RPE	Different muscular pattern

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

- Warm up 6 min with 10 easy, 10 strong strokes repeated.
- 5 x 250 m at planned race pace; 45 s easy recovery.
- Keep all 250 m splits within 2-3 s.
- Finish with 3 x 45 s high-anchor band double-pole.

COMPROMISED PERFORMANCE

- 3 rounds: 1,000 m run at target HYROX pace + 500 m SkiErg.
- Hold the same Ski pace each round.
- Rest 2 min after the SkiErg.
- Record how long Run 2/3 takes to return to target rhythm.

RACE EXECUTION

ENTER

Arrive controlled. Confirm the monitor is reset and place both feet fully on the platform.

WORK

Cap the first 200-250 m. Use long, connected strokes and breathe on every drive/recovery cycle.

EXIT

Raise one arm, wait for judge confirmation, then build Run 2 over the first 100-150 m.

BENCHMARK AND RECORD

1,000 m at planned race effort. Record total time, each 250 m split, average stroke rate, RPE, and 1,000 m run pace immediately afterward. Improvement means a faster or equal Ski split with less fade and a smaller cost to Run 2.

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
Concept2 SkiErg Technique: <https://www.concept2.com/training/ski-erg-technique>



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



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



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

Gluteals, quadriceps, calves, pectorals, triceps

SUPPORTING SYSTEM

Hamstrings, trunk, shoulders, hip stabilizers

PERFORMANCE DEMAND

Mixed aerobic-glycolytic work with repeated floor transitions. Excess jump length often raises energy cost faster than it reduces repetitions.



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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

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WPL STATION INTELLIGENCE

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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



WPL STATION INTELLIGENCE
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05

RACE ORDER

ROWERG

Legs create the drive. Sequence preserves the energy.

OFFICIAL 26/27 RACE SNAPSHOT

1,000 m | Station 5 | Damper preset to 6; athlete may adjust

CATEGORY	STANDARD
All Singles and Doubles	1,000 m

WHAT THIS STATION ACTUALLY TESTS

Leg-to-handle sequencing, force per stroke, aerobic power, trunk endurance, stroke-length efficiency, and the cost carried into Run 6.

PRIMARY MUSCLES

Quadriceps, gluteals, hamstrings, latissimus dorsi

SUPPORTING SYSTEM

Trunk, biceps, forearms, calves, scapular stabilizers

PERFORMANCE DEMAND

Aerobic dominant when paced correctly. A high damper, rushed rate, or early maximal drive increases local leg and low-back fatigue.



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
High rate, slow split	Short stroke or poor force sequencing	Rate-cap test at 24-26 spm
Arms burn early	Early arm pull or weak leg connection	Legs-only drill followed by normal rowing
Low back pumps	Poor hinge timing, trunk endurance, or over-compression	Video catch and finish positions
Fast first 250, large fade	Pacing error or excess damper/force	Compare all four 250 m segments
Good Row split, poor Run 6	Excess leg cost or poor aerobic recovery	1,000 m Row + 1,000 m run test

WHAT STRENGTH LOOKS LIKE

Legs-body-arms drive, arms-body-legs recovery, long relaxed strokes, stable split, clean breathing, and fast return to Run 6 rhythm.

WHAT DESERVES INVESTIGATION

Rushed slide, early knee bend, arm-dominant pulling, high damper by habit, shortened strokes, or major Run 6 slowdown.



MOVE WELL. SAVE ENERGY.

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

TECHNIQUE PRIORITIES

- At the catch: arms long, trunk slightly forward, shins near vertical.
- Drive in sequence: legs first, then body swing, then arms.
- Finish with the handle below the ribs and shoulders relaxed.
- Recover arms first, then body, then allow the knees to bend.
- Keep the recovery slower than the drive and the handle path level.

COMMON PERFORMANCE LEAKS

- Opening the back before the legs create pressure.
- Pulling with the arms at the catch.
- Bending the knees before the hands clear them.
- Chasing stroke rate instead of force and length.
- Standing before 1,000 m and judge confirmation.

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
Band/cable row + hip hinge	Pull sequence + trunk timing	5 x 45 s continuous	No sliding leg drive
Kettlebell swing + row pairing	Hip power + pulling endurance	5 rounds: 12 + 10	Two separate movements
Bike intervals	Aerobic duration + leg demand	4-6 x 2 min	No upper-body pull
Seated band row	Scapular/lat endurance	4 x 15-20 reps	Low full-body demand

PROGRAMMING PRINCIPLE

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Two practical sessions plus a repeatable race-execution plan.

STATION BUILDER

- Technique: 3 rounds of 10 legs-only, 10 full strokes.
- 5 x 250 m at target race pace; 45 s easy recovery.
- Hold rate within 2 spm and splits within 2-3 s.
- Finish with 3 x 1 min easy-perfect rowing.

COMPROMISED PERFORMANCE

- 3 rounds: 1,000 m run + 500 m RowErg.
- Rest 2 min after rowing.
- Use the same damper and foot setting every round.
- Record Row fade and first 400 m of the next run.

RACE EXECUTION

ENTER

Adjust footplates quickly, confirm the monitor reset, and take 2-3 connected strokes before settling.

WORK

Cap the first 250 m. Drive with the legs, relax the recovery, and keep a sustainable rate.

EXIT

Stay seated until 1,000 m and judge confirmation. Stand smoothly and rebuild Run 6 cadence before pace.

BENCHMARK AND RECORD

1,000 m at planned race effort. Record each 250 m split, average stroke rate, damper, RPE, and the next 1,000 m run. Improvement means equal/faster Row time with steadier segments and less Run 6 disruption.

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
Concept2 RowErg Technique: <https://www.concept2.com/training/rowing-technique>



WPL STATION INTELLIGENCE
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06
RACE ORDER

FARMERS CARRY

Grip is visible. Trunk and breathing usually decide how well you move.

OFFICIAL 26/27 RACE SNAPSHOT

200 m | Station 6 | Two kettlebells at the sides

CATEGORY	STANDARD
Women Open / Doubles Women	2 x 16 kg
Women Pro / Men Open / Doubles Men / Mixed	2 x 24 kg
Men Pro / Doubles Men Pro	2 x 32 kg

WHAT THIS STATION ACTUALLY TESTS

Grip endurance, lateral trunk stiffness, gait under load, scapular control, breathing while braced, and the ability to preserve Run 7 mechanics.

PRIMARY MUSCLES

Forearm flexors, upper trapezius, obliques, quadratus lumborum

SUPPORTING SYSTEM

Gluteals, calves, foot stabilizers, lats, deep trunk musculature

PERFORMANCE DEMAND

Loaded locomotion with strong ventilatory restriction from bracing. Grip failure is obvious, but posture and breathing can slow athletes first.



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 repeatedly	Grip endurance or handle-specific tolerance	Timed race-load hold plus 100 m carry
Torso leans or shoulders collapse	Lateral trunk/scapular endurance	Video front and rear view under load
Very short steps, breathing spikes	Load tolerance or over-bracing	Compare 50 m split with controlled exhale
One side drops first	Asymmetry in grip, trunk, or shoulder control	Single-arm suitcase hold each side
Carry unbroken, Run 7 poor	Bracing cost or gait disruption	200 m carry + 1,000 m run test

WHAT STRENGTH LOOKS LIKE

Tall posture, level shoulders, quiet trunk, quick economical steps, controlled breathing, secure turns, and no unnecessary set-downs.

WHAT DESERVES INVESTIGATION

Crushing the handles too hard early, breath holding, side bending, shoulder collapse, wide unstable gait, or repeated unplanned drops.



MOVE WELL. SAVE ENERGY.

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

TECHNIQUE PRIORITIES

- Stand tall with ribs stacked over pelvis and shoulders level.
- Use quick natural steps rather than an exaggerated stride.
- Breathe behind the brace; avoid one long breath hold.
- Keep both arms long at the sides as required.
- If resting, place the bells without gaining forward distance.

COMMON PERFORMANCE LEAKS

- Maximal grip tension from the first step.
- Shrugging aggressively and shortening the neck.
- Side bending or letting one bell drift forward.
- Dropping the bells forward to gain distance.
- Returning bells outside the correct box or not upright.

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 farmers carry	Closest load + gait pattern	5 x 40-60 m	Handle and swing differ
Heavy suitcase carry	Unilateral grip + trunk	4 x 30-40 m each side	Not bilateral race posture
Heavy static hold + march	Grip + bracing duration	4 x 45-60 s	Minimal travel/turn skill
Loaded backpack walk	Locomotor metabolic load	6 x 2 min brisk	Low grip demand

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 40 m at race load; 60-90 s rest.
- Use two controlled turns in every set.
- Alternate nasal/controlled exhale focus without losing brace.
- Finish with 3 x 45 s holds at 105-115% race load if safe.

COMPROMISED PERFORMANCE

- 4 rounds: 500 m run + 50 m Farmers Carry at race load.
- Rest 90 s after each carry.
- Record drops, posture faults, and next-run first 200 m pace.
- Use race-style turns and equipment placement.

RACE EXECUTION

ENTER

Confirm the correct bells, set a symmetrical grip, and stand fully before moving.

WORK

Use quick steps and steady exhale. If grip is failing, take one controlled rest before repeated emergency drops.

EXIT

Cross the line, return bells upright in the correct box, then relax the hands and restore arm swing in Run 7.

BENCHMARK AND RECORD

200 m at race load with race-style turns. Record total time, 50 m splits, number/duration of set-downs, side-to-side symptoms, and Run 7 pace. Retest with the same handle and course whenever possible.

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



SANDBAG LUNGES

Unilateral strength endurance when the legs are already carrying the race.

OFFICIAL 26/27 RACE SNAPSHOT

100 m | Station 7 | Alternating lunges; back knee touches

CATEGORY	STANDARD
Women Open / Doubles Women	10 kg
Women Pro / Men Open / Doubles Men / Mixed	20 kg
Men Pro / Doubles Men Pro	30 kg

WHAT THIS STATION ACTUALLY TESTS

Unilateral strength endurance, pelvic control, knee and ankle capacity, trunk stiffness under axial load, and recovery into the final run.

PRIMARY MUSCLES	SUPPORTING SYSTEM	PERFORMANCE DEMAND
Quadriceps, gluteals, adductors	Hamstrings, calves, trunk, hip abductors, foot and ankle stabilizers	High local leg fatigue late in the race. The station magnifies small balance, mobility, and force-endurance limitations.



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
Cadence fades despite stable breathing	Local unilateral strength endurance	Compare first and final 25 m times
Balance steps between reps	Frontal-plane control or foot/ankle stability	Video front view; split-squat balance test
Cannot reach knee cleanly	Mobility, control, pain, or load issue	Unloaded reverse-lunge screen each side
Torso folds under bag	Trunk endurance or bag-position strategy	Compare front/back bag positions in training
Run 8 becomes a shuffle	Peripheral fatigue or poor station-to-run tolerance	50 m lunge + 1,000 m run test

WHAT STRENGTH LOOKS LIKE

Stable pelvis, full knee touch, tall finish every rep, no extra steps, constant stride length, and a controlled transition to Run 8.

WHAT DESERVES INVESTIGATION

Knee misses, incomplete hip extension, narrow unstable steps, bag shifting, extra shuffles, or a large final-run deterioration.



MOVE WELL. SAVE ENERGY.

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

TECHNIQUE PRIORITIES

- Set the bag securely and keep the trunk stacked.
- Step far enough to create a stable base without overstriding.
- Touch the trailing knee clearly and stand fully each rep.
- Alternate legs and avoid extra steps between lunges.
- Use a steady exhale on the rise and preserve cadence.

COMMON PERFORMANCE LEAKS

- Back knee does not clearly touch the floor.
- Failing to extend knees and hips at the top.
- Shuffling or stepping between repetitions.
- Allowing the bag to rest on another surface.
- Starting a new lane before both feet are behind the 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
Backpack walking lunge	Closest loaded movement pattern	5 x 20 m	Load position differs
Dumbbell front-rack lunge	Unilateral force + trunk	4 x 10 each side	Less race-specific bag control
Rear-foot split squat	Single-leg strength reserve	4 x 6-10 each side	No locomotion
Step-up	Unilateral extension endurance	4 x 12 each side	No knee-touch standard

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

- 5 x 20 m at race load; 60-90 s rest.
- Keep rep count and time consistent across sets.
- Then 3 x 8 rear-foot split squats each side.
- Use video on the final set to confirm depth and full extension.

COMPROMISED PERFORMANCE

- 4 rounds: 500 m run + 25 m Sandbag Lunge.
- Rest 90 s after the lunges.
- Record lunge cadence and first 200 m of the next run.
- Stop if knee-touch control or alignment deteriorates sharply.

RACE EXECUTION

ENTER

Select the correct bag, stand tall behind the line, and secure a position you can maintain.

WORK

Use consistent steps, clear knee touches, and complete extension. Shorten stride slightly before balance fails.

EXIT

Cross fully, return the bag correctly, then use a high-cadence shuffle before lengthening Run 8 stride.

BENCHMARK AND RECORD

100 m at race load or 4 x 25 m with short turn transitions. Record total time, rep count, no-rep faults, side differences, and first 400 m of Run 8. Improvement is consistent cadence with legal reps and a smaller run slowdown.

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



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.



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



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

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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
HYROX Race Format: <https://hydrox.com/the-fitness-race/>
Elite HYROX Split-Time Analysis: <https://www.mdpi.com/2076-3417/16/13/6674>