



WPL STATION INTELLIGENCE
TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

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