



WPL STATION INTELLIGENCE
TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

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>