

THE COMPLETE HYROX RACE FORMAT

HERE IS THE COMPLETE SEQUENCE:

ORDER	RUNNING	WORKOUT
1	1 KM	1,000 M SKIERG
2	1 KM	50 M SLED PUSH
3	1 KM	50 M SLED PULL
4	1 KM	80 M BURPEE BROAD JUMPS
5	1 KM	1,000 M ROW
6	1 KM	200 M FARMER'S CARRY
7	1 KM	100 M SANDBAG LUNGES
8	1 KM	100 WALL BALLS

THE OFFICIAL HYROX FORMAT CONFIRMS THESE DISTANCES AND REPETITIONS, WITH THE WEIGHTS CHANGING ACCORDING TO DIVISION.

1. SKIERG – 1,000 M

THE SKIERG IS THE FIRST FUNCTIONAL STATION.

THE ATHLETE USES A REPEATED DOWNWARD PULLING MOTION WHILE COORDINATING THE UPPER AND LOWER BODY.

PRIMARY PHYSICAL DEMANDS

- LATISSIMUS DORSI
- SHOULDERS
- TRICEPS
- CORE
- HIP EXTENSION
- CARDIOVASCULAR ENDURANCE

THE SKIERG IS NOT SIMPLY AN UPPER-BODY EXERCISE. EFFICIENT TECHNIQUE INVOLVES COORDINATED MOVEMENT THROUGHOUT THE BODY. HYROX ITSELF DESCRIBES IT AS A FULL-BODY MOVEMENT WHEN PERFORMED EFFICIENTLY.

2. SLED PUSH – 50 M

THE ATHLETE PUSHES A WEIGHTED SLED OVER 50 METRES.

THIS MOVEMENT REQUIRES THE ATHLETE TO PRODUCE FORCE WHILE MAINTAINING FORWARD MOMENTUM.

MAJOR DEMANDS

- QUADRICEPS
- GLUTEALS
- CALVES
- CORE
- POSTERIOR CHAIN
- CARDIOVASCULAR SYSTEM

THE SLED PUSH CAN BE PARTICULARLY DEMANDING BECAUSE IT COMBINES HIGH FORCE PRODUCTION WITH CONTINUOUS EFFORT.

TECHNIQUE CONSIDERATIONS

AN ATHLETE GENERALLY NEEDS TO MAINTAIN:

- STABLE TRUNK POSITION
- APPROPRIATE FORWARD BODY ANGLE
- EFFECTIVE LEG DRIVE
- CONTROLLED STEPS
- CONTINUOUS FORCE PRODUCTION

HYROX LISTS THE STANDARD INDIVIDUAL OPEN SLED PUSH AS 102 KG INCLUDING THE SLED FOR WOMEN AND 152 KG INCLUDING THE SLED FOR MEN; PRO LOADS ARE HIGHER.

3. SLED PULL – 50 M

THE SLED PULL REQUIRES ATHLETES TO PULL A WEIGHTED SLED USING A ROPE.

MAJOR MUSCLES INVOLVED

- GLUTEALS
- HAMSTRINGS
- BACK MUSCULATURE
- BICEPS
- FOREARMS
- GRIP
- CORE

IT REQUIRES MORE THAN UPPER-BODY PULLING STRENGTH.

THE ATHLETE NEEDS TO GENERATE FORCE THROUGH THE LEGS AND HIPS WHILE MAINTAINING TRUNK CONTROL.

4. BURPEE BROAD JUMPS – 80 M

THIS STATION COMBINES:

BURPEE + FORWARD JUMP

REPEATED UNTIL 80 METRES ARE COMPLETED.

IT CREATES A COMBINATION OF:

- CARDIOVASCULAR STRESS
- LOWER-LIMB ECCENTRIC LOADING
- EXPLOSIVE MOVEMENT
- COORDINATION
- REPEATED GROUND CONTACT

FOR AN ATHLETE ALREADY FATIGUED FROM RUNNING AND SLED WORK, MOVEMENT EFFICIENCY BECOMES IMPORTANT.

5. ROW – 1,000 M

THE ROWING STATION INTRODUCES ANOTHER MAJOR FULL-BODY ENDURANCE CHALLENGE.

THE BASIC SEQUENCE INVOLVES:

LEG DRIVE → HIP EXTENSION → TRUNK MOVEMENT → ARM PULL

THE ATHLETE NEEDS TO COORDINATE THESE COMPONENTS RATHER THAN RELYING PRIMARILY ON THE ARMS.

PHYSIOLOGICAL DEMANDS

- AEROBIC ENDURANCE
- MUSCULAR ENDURANCE
- LOWER-BODY POWER
- TRUNK ENDURANCE
- UPPER-BODY PULLING ENDURANCE

6. FARMER'S CARRY – 200 M

THE ATHLETE CARRIES KETTLEBELLS FOR 200 METRES.

IT LOOKS SIMPLE—BUT IT CAN BE EXTREMELY DEMANDING WHEN PERFORMED AFTER SEVERAL KILOMETRES OF RUNNING AND MULTIPLE WORKOUT STATIONS.

MAIN DEMANDS

- GRIP STRENGTH
- FOREARM ENDURANCE
- UPPER-BACK ENDURANCE
- CORE STABILITY
- SHOULDER STABILITY
- WALKING EFFICIENCY

THIS STATION DEMONSTRATES AN IMPORTANT HYROX PRINCIPLE:

A MOVEMENT DOES NOT HAVE TO BE TECHNICALLY COMPLEX TO BE PHYSICALLY DEMANDING.

7. SANDBAG LUNGES – 100 M

THE ATHLETE PERFORMS WALKING LUNGES WHILE CARRYING A SANDBAG.

MAJOR DEMANDS

- QUADRICEPS
- GLUTEUS MAXIMUS
- GLUTEUS MEDIUS
- HAMSTRINGS
- CALVES
- HIP STABILITY
- TRUNK CONTROL

BECAUSE THE EXERCISE IS PERFORMED UNILATERALLY, IT ALSO PLACES CONSIDERABLE DEMAND ON SINGLE-LEG CONTROL.

8. WALL BALLS – 100 REPETITIONS

WALL BALLS ARE THE FINAL STATION.

THE BASIC MOVEMENT IS:

SQUAT → DRIVE UPWARD → THROW BALL → RECEIVE → SQUAT

THE STANDARD INDIVIDUAL OPEN DIVISION USES A 4 KG BALL FOR WOMEN AND A 6 KG BALL FOR MEN, WHILE PRO USES HEAVIER LOADS.

PHYSICAL DEMANDS

- QUADRICEPS ENDURANCE
- GLUTEAL ENDURANCE
- SHOULDER ENDURANCE
- CORE STABILITY
- COORDINATION
- CARDIOVASCULAR CAPACITY

THE CHALLENGE IS AMPLIFIED BECAUSE ATHLETES REACH THIS STATION AFTER COMPLETING THE MAJORITY OF THE RACE.

HYROX WEIGHTS: OPEN VS PRO

THE RUNNING DISTANCE REMAINS 8 KM ACROSS THE INDIVIDUAL DIVISIONS, WHILE THE LOADS DIFFER.

STATION	WOMEN OPEN	MEN OPEN	WOMEN PRO	MEN PRO
SLED PUSH	102 KG	152 KG	152 KG	202 KG
SLED PULL	78 KG	103 KG	103 KG	153 KG
FARMER'S CARRY	2 × 16 KG	2 × 24 KG	2 × 24 KG	2 × 32 KG
SANDBAG LUNGES	10 KG	20 KG	20 KG	30 KG
WALL BALLS	4 KG	6 KG	6 KG	9 KG

SKIERG AND ROWING REMAIN 1,000 M, WHILE BURPEE BROAD JUMPS REMAIN 80 M.

IMPORTANT: HYROX SPECIFIES SLED LOADS INCLUDING THE SLED ITSELF IN THESE OFFICIAL FIGURES.

HOW IS HYROX SCORED?

HYROX IS FUNDAMENTALLY ~~TIME~~-BASED.

THE ATHLETE'S OVERALL RESULT COMES FROM COMPLETING:

RUNNING + WORKOUT STATIONS + TRANSITIONS

AS EFFICIENTLY AS POSSIBLE.

PARTICIPANTS RECEIVE OFFICIAL TIMING INFORMATION AND SPLIT TIMES, ALLOWING THEM TO SEE WHERE TIME WAS GAINED OR LOST DURING THE RACE. HYROX MAINTAINS RESULTS AND RANKINGS ACROSS EVENTS, DIVISIONS AND AGE GROUPS.

HYROX AGE GROUPS

HYROX ALSO USES AGE-GROUP CATEGORIES FOR NON-PRO DIVISIONS.

THE CURRENT RULEBOOK LISTS AGE GROUPS INCLUDING:

- UNDER 24
- 25–29
- 30–34
- 35–39
- 40–44
- 45–49
- 50–54
- 55–59
- 60–64
- 65–69
- 70–74
- 75–79
- 80–84
- 85–89

ELIGIBILITY AND RANKING ARRANGEMENTS CAN DIFFER FOR OLDER ATHLETES AND PRO DIVISIONS, SO PARTICIPANTS SHOULD ALWAYS CHECK THE CURRENT OFFICIAL RULEBOOK FOR THEIR RACE SEASON

HYROX INJURY PREVENTION DRILLS

“THESE DRILLS CAN HELP DEVELOP THE STRENGTH, MOBILITY, COORDINATION AND LOAD TOLERANCE REQUIRED FOR THE PHYSICAL DEMANDS OF HYROX. EXERCISE SELECTION SHOULD BE INDIVIDUALIZED ACCORDING TO THE ATHLETE'S TRAINING HISTORY, MOVEMENT CAPACITY AND CURRENT SYMPTOMS.”

DRILL	PRIMARY PURPOSE	SUGGESTED DOSAGE
1. SINGLE-LEG CALF RAISE	CALF AND ACHILLES CAPACITY FOR RUNNING AND JUMPING	2–3 × 12–15/LEG
2. TIBIALIS RAISE	ANKLE AND ANTERIOR LOWER-LEG STRENGTH	2–3 × 15–20
3. SINGLE-LEG ROMANIAN DEADLIFT	HAMSTRING, GLUTE AND SINGLE-LEG CONTROL	2–3 × 8–12/LEG
4. LATERAL STEP-DOWN	KNEE AND HIP CONTROL	2–3 × 8–12/LEG
5. SPLIT SQUAT	UNILATERAL LEG STRENGTH FOR RUNNING AND LUNGES	2–3 × 8–12/LEG
6. COPENHAGEN PLANK	HIP-ADDUCTOR AND LATERAL HIP STRENGTH	2–3 × 20–30 SEC/SIDE
7. GLUTE BRIDGE	GLUTE AND POSTERIOR-CHAIN STRENGTH	2–3 × 12–15
8. LATERAL BAND WALK	HIP-ABDUCTOR ENDURANCE AND PELVIC CONTROL	2–3 × 10–15 STEPS/SIDE
9. LANDING DRILL	LANDING CONTROL FOR BURPEE BROAD JUMPS	2–3 × 5–8
10. SLED PUSH DRILL	SLED TECHNIQUE AND LOWER-BODY FORCE PRODUCTION	3–5 × 15–25 M
11. FARMER'S CARRY	GRIP, SHOULDER AND TRUNK ENDURANCE	3 × 20–40 M
12. PALLOF PRESS	CORE STABILITY AND ANTI-ROTATION CONTROL	2–3 × 10–12/SIDE

HYROX PRE-RACE ACTIVATION ROUTINE

A PRACTICAL 10–12 MINUTE WARM-UP COULD LOOK LIKE:

DRILL	VOLUME
EASY JOG	2–3 MIN
ANKLE MOBILITY	8–10/SIDE
LEG SWINGS	10/SIDE
WALKING LUNGES	10/SIDE
LATERAL BAND WALK	10 STEPS/SIDE
CALF RAISES	12–15
A-MARCH	15 M
A-SKIP	15 M
SQUAT + REACH	8–10
PROGRESSIVE STRIDES	3–4 × 50 M

THEN GRADUALLY INTRODUCE THE SPECIFIC MOVEMENTS THAT WILL BE PERFORMED DURING THE SESSION.