



HYROX & HYBRID FITNESS GUIDE

THE HYBRID RACE PLAYBOOK

Master the **HYROX format**, the 8 stations, division standards, training plans & race-day strategy – where running meets strength.

HYROX FORMAT

THE 8 STATIONS

8-WEEK PLAN

RACE STRATEGY

RUN. LIFT. REPEAT.

For decades, you were either a runner or a lifter. **Hybrid racing tore down that wall.** HYROX took a simple, brutal idea — eight 1 km runs broken up by eight functional strength stations — and turned it into the fastest-growing mass-participation sport on the planet.

This playbook is your complete entry point: what hybrid racing is, how the HYROX format works, a station-by-station breakdown, official division standards, an 8-week prep plan, benchmark workouts, and a race-day strategy. Whether it's your first race or your next PB, the goal is the same — **become the complete athlete. Move today.**

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WHAT IS HYBRID RACING?

A new breed of competition that fuses endurance and strength into one continuous race. No more choosing between the track and the gym — hybrid racing rewards the athlete who can do both.



RUN + LIFT

Combines running with functional strength stations in a single timed effort. You can't just be a runner or just be strong.



STANDARDIZED

The format, stations, order & weights are identical at every venue worldwide — so your time is comparable globally.



FOR EVERYONE

Open divisions need no qualification. Amateurs race the same course as elites, on the same day.



EXPLODING

One of the fastest-growing mass-participation sports, filling arenas across six continents — Indonesia included.



MEASURABLE

One clock, one finish time. Every training block has a clear, chaseable target to beat.



COMPLETE FITNESS

Builds a well-rounded body: aerobic engine, strength, power, grip & mental grit all at once.

THE FLAGSHIP FORMAT

HYROX = 8 KM RUN + 8 STATIONS

The most popular hybrid race: eight 1 km runs, each followed by a functional workout station, in a fixed order — all on the clock, with no scheduled breaks. Other formats like DEKA, Turf Games & OCR share the same run-meets-strength DNA.

THE HYROX FORMAT EXPLAINED

Sixteen segments, always in the same order, on the clock from start to finish. Run, then a station — eight times. Memorize this flow before race day.

// THE RACE FLOW (REPEAT ×8)

RUN 1 KM	01 SKIERG 1000M	RUN 1 KM	02 SLED PUSH 50M
RUN 1 KM	03 SLED PULL 50M	RUN 1 KM	04 BURPEE BJ 80M
RUN 1 KM	05 ROW 1000M	RUN 1 KM	06 FARMERS 200M
RUN 1 KM	07 LUNGES 100M	RUN 1 KM	08 WALL BALLS ×100
END FINISH			

8 km TOTAL RUNNING (8 × 1 KM)	8 FUNCTIONAL STATIONS	16 SEGMENTS BACK-TO-BACK	1 CLOCK — NO SCHEDULED BREAKS
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- i** The transition area between the running loop and each station is called the **RoxZone** — and the clock keeps running through it. Typical finish times range from ~55 min for elites to 1.5-2+ hours for first-timers.

THE 8 STATIONS

— PART 1

Each station comes after a 1 km run — so you'll hit them with an elevated heart rate. Technique saves energy. Here's how to attack the first four.

1

SKIERG — 1000 M

Full-body pull that opens the race. Drive with lats, core & hips (hinge), not just arms. Keep a smooth, sustainable rhythm — don't blow up on station one.

2

SLED PUSH — 50 M

Four 12.5 m lengths of a loaded sled. Stay low, arms extended, take short powerful steps. Break each length if needed. The station first-timers fear most — but it rarely breaks you.

3

SLED PULL — 50 M

Hand-over-hand rope pull. Sit back, use your bodyweight, keep a steady rhythm. Punishes grip & lower back more than the push — pace it to protect later stations.

4

BURPEE BROAD JUMPS — 80 M

The great equalizer. Keep jumps low & efficient, land soft, move steadily. It spikes the heart rate and recovers slowly — consistency beats bursts here.



Judges enforce standards: on the sleds you must stay inside the marked zones, and every rep/length must be completed fully. No-reps cost you far more time than slowing down to do it right.

THE 8 STATIONS

— PART 2

The back half is where races are won or lost. Fatigue is high — smart pacing and clean technique matter most now.

5

ROWING — 1000 M

Your best chance to recover the engine. Sequence legs → core → arms, keep a smooth stroke (~26-28 spm). Breathe and reset after the burpees before the grip stations ahead.

6

FARMERS CARRY — 200 M

Two heavy kettlebells. Walk fast, don't run. Crush your grip and keep tall posture. You may set the bells down only inside the marked rest zones — stopping outside costs time.

7

SANDBAG LUNGES — 100 M

Bag high across the shoulders/upper back. Short, controlled steps — the back knee must gently touch the ground every single rep, or it's a no-rep. Legs will be screaming.

8

WALL BALLS — 100 REPS

The finisher. Full-depth squat, hit the target every rep. Break early & often (sets of 10-15) to avoid failure. Research records the highest heart rate & lactate of the whole course here.



Pro tip: plan your wall-ball break strategy before you arrive at the station. Pre-deciding "sets of 12, 5 seconds rest" keeps you moving when your brain wants to quit.

DIVISIONS & WEIGHT STANDARDS

The course never changes — the load does. A handy shortcut: **Women's Pro lift exactly what Men's Open lift**, so the official loads fit in three columns.

STATION	WOMEN OPEN	MEN OPEN / WOMEN PRO	MEN PRO
SLED PUSH 50m	102 kg	152 kg	202 kg
SLED PULL 50m	78 kg	103 kg	153 kg
FARMERS CARRY 200m	2 × 16 kg	2 × 24 kg	2 × 32 kg
SANDBAG LUNGES 100m	10 kg	20 kg	30 kg
WALL BALLS reps	4 kg · 75†	6 kg · 100	9 kg · 100



SOLO

You complete all 8 runs & all 8 stations yourself. Choose Open (recommended for most) or the heavier Pro.



DOUBLES

A team of 2. You split the station reps, but both partners run the full 8 km. Great first-timer entry.



RELAY

A team of 4. Each member does 2 × 1 km runs + 2 stations. The most social, beginner-friendly format.



†Women's Open completes 75 wall-ball reps; all other divisions do 100. Wall-ball target: 2.70 m (women) / 3.00 m (men). Sled weights include the sled. **Loads follow the official HYROX rulebook — confirm current standards at [hydrox.com](https://www.hydrox.com).**

STRATEGY & THE ROXZONE

HYROX isn't won by the strongest or the fastest — it's won by the smartest pacer who manages fatigue across all 16 segments.

PACE THE RUNS

- > Run **15–30 sec/km slower** than your fresh 10K pace.
- > Even effort beats a fast first run you can't repeat.
- > The clock never stops — walking a station costs more than an easy run.

OWN THE ROXZONE

- > Transitions add up — **keep moving**, don't wander.
- > Know the next station so you arrive with a plan.
- > Walk with purpose; recover your breath on the move.

THE SKILL THAT WINS RACES

COMPROMISED RUNNING

Running on legs already trashed by sleds, lunges & wall balls feels nothing like a fresh run. The athletes who train to run **while fatigued** — straight off a strength station — are the ones who hold pace when everyone else falls apart.



START CONSERVATIVE

The first 3–4 stations feel easy. Banking "too much" energy early almost never backfires.



PROTECT YOUR GRIP

Ski, pull & farmers all tax grip. Relax your hands on the runs to recover for what's next.



BREAK BEFORE FAILURE

Plan small sets on wall balls & burpees. Short rests beat hitting a wall and stalling.

COMMON MISTAKES

07

09

Almost every first-timer makes the same errors. Fix these in training and you'll pass dozens of people on race day.

▲ SMART RACERS

- Start the opening run deliberately slow
- Train running straight off strength work
- Rehearse every station at race weight
- Pre-plan wall-ball & burpee break sets
- Build grip endurance on purpose
- Practice transitions & the RoxZone

▼ COSTLY ERRORS

- Sprinting run 1 on fresh, adrenaline-fueled legs
- Only training runs & lifts separately
- Choosing Pro weights before you're ready
- Going unbroken on wall balls → total stall
- Neglecting grip until it fails mid-race
- Wearing soft, max-cushion road shoes

THE NO-REP TRAP

Half-depth wall balls, missed targets, back knee not touching on lunges, leaving the sled zone — judges will no-rep you, and redoing reps while exhausted is brutal. Groove clean standards now.

THE PACING TRAP

The excitement of the arena makes everyone go out too hot. If your first run feels "comfortable," it's probably still too fast. Discipline early = overtaking late.

HYBRID TRAINING 101

Training two qualities at once — endurance and strength — is called concurrent training. Done right, they complement each other instead of competing.

BUILD THE ENGINE

- > **Easy runs** for aerobic base (most of your mileage).
- > **Intervals/threshold** 1×/week to lift race pace.
- > Ski & row cross-train the engine with less impact.

BUILD THE STRENGTH

- > **Compound lifts:** squat, deadlift, lunge, press, pull.
- > **Grip & carries:** farmers walks, hangs, holds.
- > **Muscular endurance:** higher reps under fatigue.

THE GOLDEN RULE

TRAIN THE COMBINATION

The magic ingredient is **hybrid sessions** — runs and stations back-to-back — at least once a week. This trains compromised running, the single most race-specific skill in HYROX.

// A BALANCED WEEK (EXAMPLE)

2-3× RUN

1 easy, 1 intervals, 1 long/compromised.

2× STRENGTH

Full-body, compound-focused, add carries.

1× HYBRID

Run + station circuit, plus a rest day.

THE 8-WEEK PREP PLAN

A phased build from base to race. Scale sessions to your level; the structure matters more than the exact numbers.

WEEK	PHASE	RUN	STRENGTH	HYBRID / SIM
1-2	Base	3× easy + 1 long	2× full-body	Learn stations
3-4	Build	+ intervals 6×800m	2× heavier	1× run + station circuit
5-6	Specific	Race-pace tempo	2× endurance-strength	2× compromised running
7	Peak	Sharpen	1× light	Half / full simulation
8	Taper	Short & easy	1× movement prep	Rest → RACE



BASE FIRST

Don't skip the aerobic base. A bigger engine makes every station easier to recover from.



GET SPECIFIC

As race day nears, make sessions look more like the race: runs straight off stations.



RESPECT THE TAPER

Concurrent training is taxing. Arrive fresh — the last hard session won't make you fitter.



No equipment? Sub movements: wall balls → thrusters or squats, sled → heavy carries or hill sprints, ski/row → run intervals. The **pattern** matters more than the exact machine.

BENCHMARK WORKOUTS

Four repeatable sessions that build the exact qualities HYROX demands. Record your times and chase them.

10
12

① COMPROMISED RUNNING

4 rounds for time:

- 1 km run
- 20 wall balls
- 15 burpees

Goal: hold run pace as legs fatigue.

② THE ENGINE BUILDER

5 rounds, 90s rest:

- 1000 m row *orski*
- alt. with 800 m run intervals

Goal: raise aerobic threshold.

③ STATION SIMULATOR

3 rounds for time:

- 50 m sled push + 50 m pull
- 200 m farmers carry
- 100 m lunges

Goal: strength endurance & grip.

④ HALF SIMULATION

Race order, 4 segments:

- 1 km run → SkiErg
- 1 km run → sled push
- 1 km run → burpees
- 1 km run → wall balls

Goal: rehearse pacing & transitions.

★ **How to use them:** rotate one benchmark into your weekly hybrid slot. Retest every 3–4 weeks under the same conditions to track real progress — not just how you feel.

FUEL RECOVERY & GEAR

The details that keep a hybrid athlete healthy and race-ready across a demanding training block.



FUEL

Carb-based meal 2–3 hrs pre-race. A gel or chew between stations 4–5 can help on long efforts. Hydrate with electrolytes; refuel carbs + protein after.



RECOVERY

Concurrent training taxes the whole system. Prioritize 7–9 hrs sleep, schedule deload weeks, and keep mobility work for hips, ankles & shoulders.



GEAR

Choose a firm cross-training/hybrid shoe with grip for the sled — not a soft max-cushion road shoe. Add grip socks; chalk or gloves are optional for pull & carry.

// DIAL IN THESE DETAILS

- > **Shoes are the #1 gear choice:** traction for the sled push matters more than cushioning.
- > **Kit:** fitted, breathable, no loose items — nothing that snags on equipment or the rope.
- > **Grip:** train it directly (hangs, heavy carries) and save it in-race by relaxing hands on runs.
- > **Nothing new on race day:** test shoes, fuel & kit in your simulations first.



Listen to your body. Nagging joint or tendon pain from heavy loading is a stop sign, not a badge of honor. Deload, address it, then build again — consistency over months beats one heroic week.

HYROX SEASON CALENDAR

The 2026/27 season runs worldwide through to the World Championships in June 2027. Here's what's coming up from **October 2026 onward** — starting with the Asia-Pacific races closest to home.

NEXT REGIONAL MAJOR



SINGAPORE

AIA HYROX · SINGAPORE EXPO

closest major!
26-29 NOV 2026

// ASIA-PACIFIC — WHAT'S NEXT

CITY	COUNTRY	2026/27 DATE
SHANGHAI	China 🇨🇳	31 Oct-1 Nov 2026
SEOUL	South Korea 🇰🇷	13-15 Nov 2026
GUANGZHOU	China 🇨🇳	21-22 Nov 2026
SANYA	China 🇨🇳	5-6 Dec 2026
MELBOURNE	Australia 🇦🇺	9-13 Dec 2026
KUALA LUMPUR	Malaysia 🇲🇾	10-13 Dec 2026
HONG KONG	Hong Kong 🇭🇰	7-10 Jan 2027
OSAKA	Japan 🇯🇵	21-25 Jan 2027
AUCKLAND	New Zealand 🇳🇵	4-7 Feb 2027
BANGKOK	Thailand 🇹🇭	11-14 Feb 2027
TAIPEI	Chinese Taipei 🇹🇼	12-14 Mar 2027
BRISBANE	Australia 🇦🇺	31 Mar-5 Apr 2027

Season finale: PUMA HYROX World Championships — Hong Kong, 10-13 Jun 2027. Also live worldwide from Oct '26: Boston, Valencia, London, Paris, Chicago & 60+ more cities.



Jakarta opened the 2026/27 season back in June — watch [@movetoday.id](https://www.instagram.com/movetoday.id) for the next Indonesian date. Dates & venues shift, so always confirm at hyrox.com/find-my-race.

RACE DAY CHECKLIST

No qualification needed for Open, Doubles or Relay — just pick your city & division and show up prepared.



WHERE TO RACE

70+ events across six continents. Hubs in Europe, the US, UK & Australia, with a fast-rising Asia-Pacific calendar.



HOW TO ENTER

Pick your division & city, then register early — popular dates sell out well in advance.



BEYOND HYROX

Other hybrid formats: DEKA (Fit / Strong / Mile), Turf Games & OCR like Spartan — same run-meets-strength spirit.

WEEK OF / DAY BEFORE

- ☐ Confirm your **division & start time**; taper training.
- ☐ Rehearse your **pacing & break plan** for each station.
- ☐ Pack **grip shoes, kit, chalk/gloves** & fuel.
- ☐ Sleep well; sort transport & arrival time.

RACE MORNING

- ☐ Eat a tested meal **2–3 hrs before** your start.
- ☐ Thorough warm-up: runs, lunges, light wall balls.
- ☐ **Start the first run slow** — trust the plan.
- ☐ Keep moving in the RoxZone; finish strong.

"START SLOW. HOLD ON. FINISH PROUD. THE REST IS JUST TRAINING."



RUN. LIFT. REPEAT.

BECOME THE COMPLETE ATHLETE.

Hybrid racing strips fitness down to one honest question: can you run, and can you work? You don't need to be the fastest or the strongest to start — just willing to train the combination and show up. The clock is waiting. **Move today.**

— the Move Today crew

**@movetoday.id**

Curated sport & lifestyle updates · HYROX, hybrid training & race news, every day.