

# BEGINNERS GUIDE TO HYROX



HYROX | READY

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# INDEX

Introduction	2
The History	3
What Is Hyrox?	4
The Training Philosophy	6
Hyrox Event Format	7
Best Ways To Train For Hyrox	8
How Long To Train For Hyrox	9

## The Events

The Ski Erg	11
The Sled Push	13
The Sled Pull	15
Burpee Broad Jumps	17
The Rower	19
Farmers Carry	21
SandBag Lunges	23
Wall Balls	25

## The Categories

Mens & Womens Singles	29
Doubles	30
Pro Doubles & Relay	32
Event Tips	33
Sign Up For Your First Race	34



# INTRODUCTION

Welcome to our guide for learning about and then conquering HYROX events!

Whether you're a seasoned athlete or a newcomer to the world of fitness racing, this guide is designed to help you navigate and excel in every aspect of the HYROX challenge. Packed with expert tips, training strategies, and essential insights, you'll find everything you need to prepare for race day and achieve your personal best.

Let's get started on your journey to HYROX success!



# THE HISTORY

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After its launch in Germany in 2017, HYROX quickly established itself as the fastest-growing fitness sport worldwide, hosting races in over 11 countries and more than 30 cities.

With over 98% of participants completing their HYROX race, the event is designed to be inclusive and accessible. There is no time limit to finish, and no qualifications are required to enter, making HYROX open to everyone.

Participants can race at their own pace, supported by friends, family, and fellow competitors. The structure of HYROX eliminates the fear of 'coming last.' Each race features start waves every 10 minutes, accommodating all ages and divisions. This means a 3-hour athlete can finish alongside a sub-60-minute athlete.

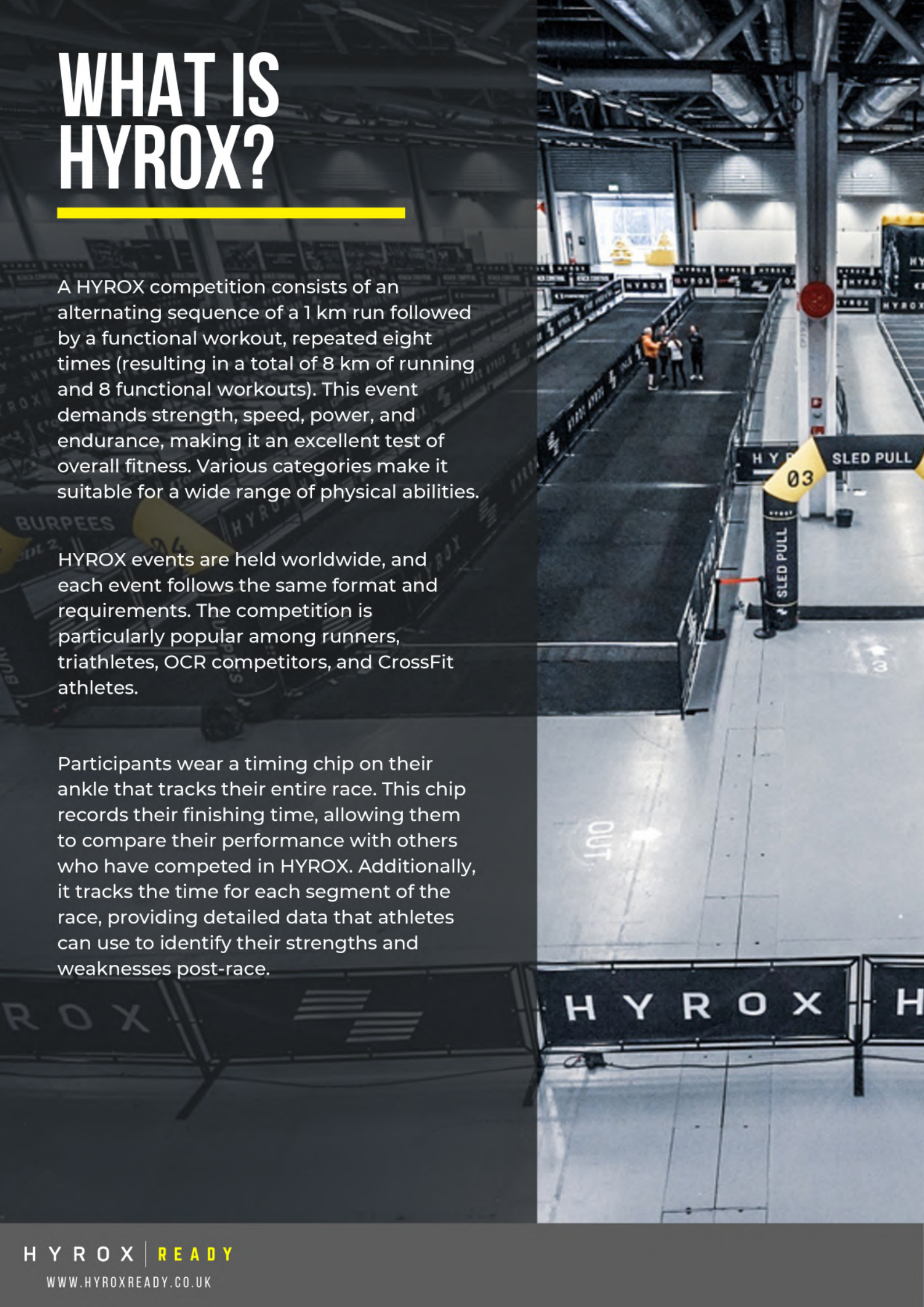
HYROX was created by Christian Toetzke, a renowned mass participation race event organizer, and three-time Olympic medalist and World Champion Moritz Fürste. The event has seen significant growth in Europe and the US, with some races attracting over 8,000 participants and 10,000 spectators, making it the world's largest mass participation fitness race.

Since its debut in Hamburg, HYROX has experienced remarkable growth, with over 90,000 athletes participating in the 2022/23 season alone.





# WHAT IS HYROX?



A HYROX competition consists of an alternating sequence of a 1 km run followed by a functional workout, repeated eight times (resulting in a total of 8 km of running and 8 functional workouts). This event demands strength, speed, power, and endurance, making it an excellent test of overall fitness. Various categories make it suitable for a wide range of physical abilities.

HYROX events are held worldwide, and each event follows the same format and requirements. The competition is particularly popular among runners, triathletes, OCR competitors, and CrossFit athletes.

Participants wear a timing chip on their ankle that tracks their entire race. This chip records their finishing time, allowing them to compare their performance with others who have competed in HYROX. Additionally, it tracks the time for each segment of the race, providing detailed data that athletes can use to identify their strengths and weaknesses post-race.

I LOVE TO TRAIN FOR A REASON AND HYROX  
GIVES ME PURPOSE. I'M HERE TO PROVE TO  
EVERYONE THAT AGE ISN'T AN EXCUSE.

ENRIQUE LAUREANO



# THE TRAINING PHILOSOPHY

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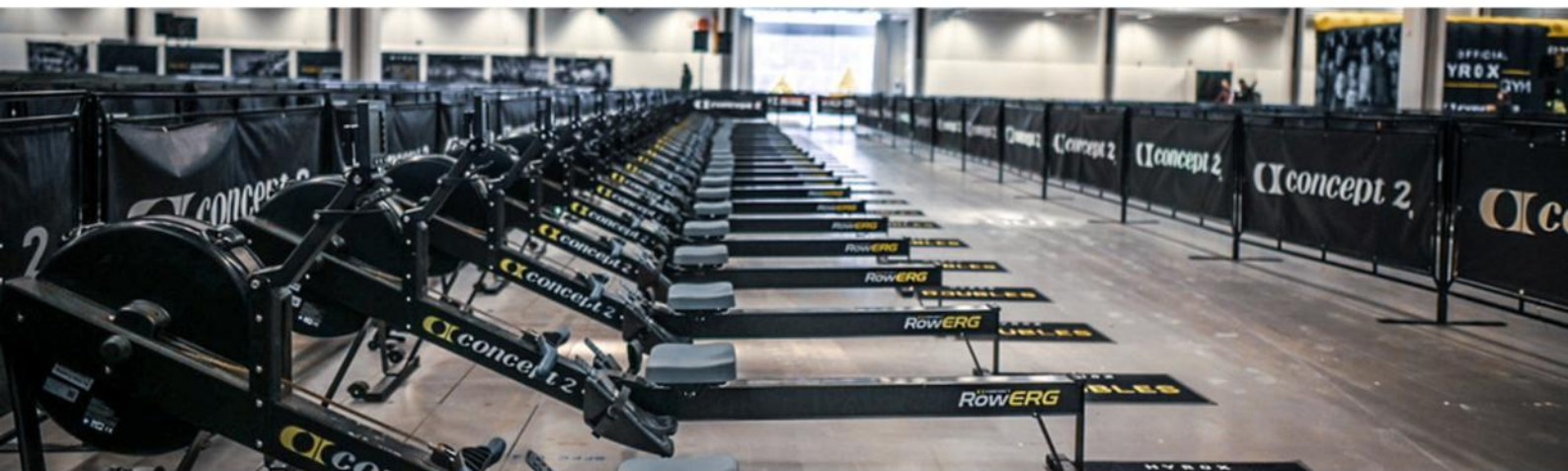
Endurance is one of the most versatile motor skills to train, and it is crucial for HYROX training. To enhance endurance performance, HYROX training incorporates high-intensity interval training (HIIT), characterised by alternating periods of intense effort and recovery or active rest intervals.

HIIT contrasts with the longer, steady-state endurance efforts in HYROX training, where the intensity remains consistent throughout. We are also massive fans of longer duration 'true' interval training to help build top end endurance and aid all-round fitness.

Strength training is another essential component of HYROX training, specifically in the form of High Intensity Functional Training (HIFT). This includes activities like pushing and pulling weighted sleds, carrying heavy weights, and performing sandbag and kettlebell exercises. Classic strength exercises such as deadlifts, squats, and bench presses are also important for preparing for HYROX.

The varying intensity levels in HYROX training continually challenge the cardiovascular system, prompting it to adapt to changing demands. For a well-rounded HYROX athlete, it is vital to train for maximum oxygen uptake (VO2 max), lactate tolerance, a balanced strength-to-endurance ratio, and efficient movement. These four key fitness factors are essential for optimal performance in HYROX.

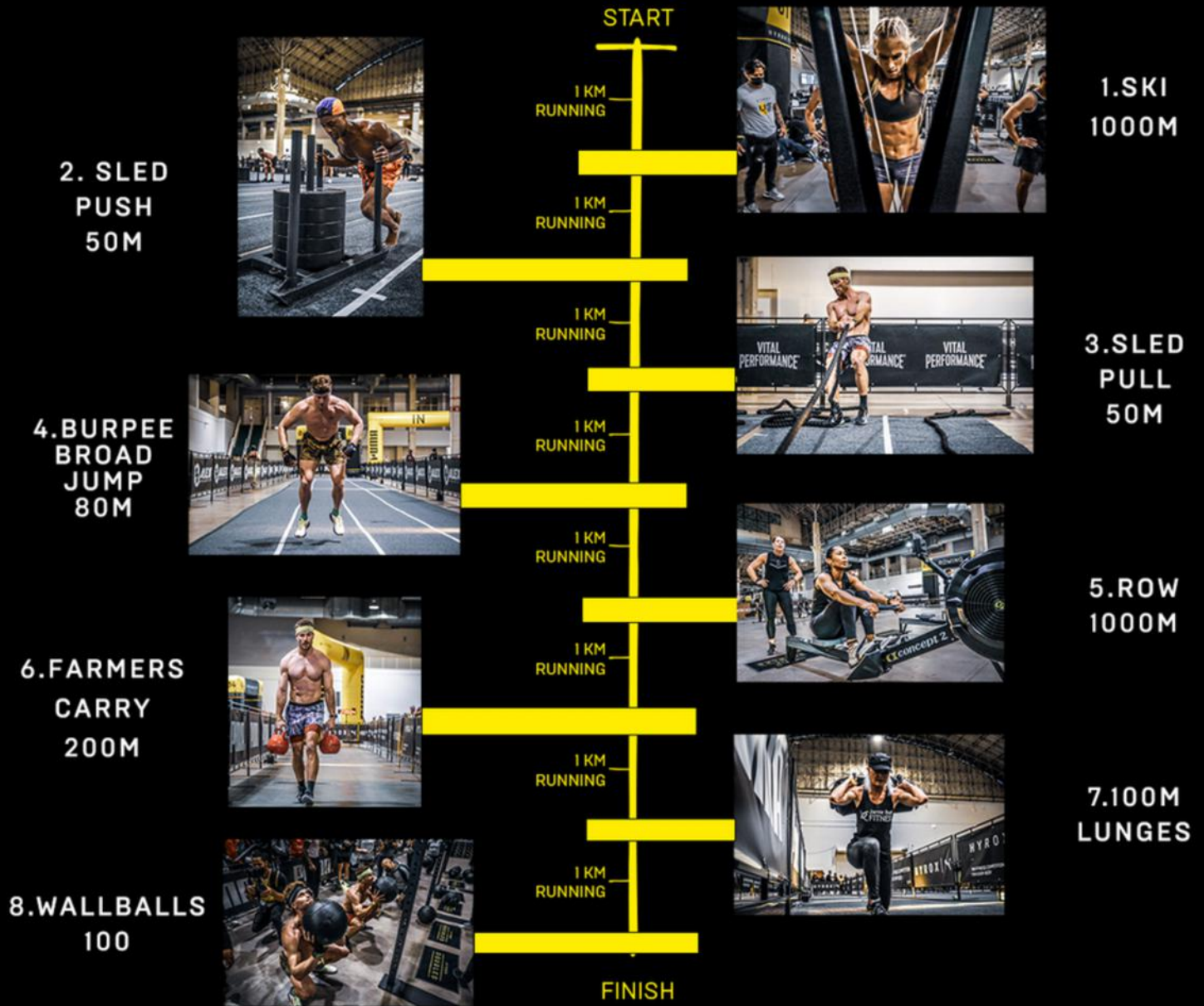
HYROX training combines these elements into a unique method that challenges participants and significantly elevates their fitness to a new level.





# HYROX EVENT FORMAT

The Hyrox race format is standardised, ensuring consistency across all events. Each race features the following sequence:





# BEST WAYS TO TRAIN FOR HYROX



## ENDURANCE TRAINING

Endurance training is essential for HYROX preparation. Running should be a core part of your program, incorporating long-distance runs, interval runs, and sprints. High-Intensity Interval Training (HIIT): HIIT is also beneficial for improving cardiovascular fitness and endurance.



## PRACTICE COMPETITION EXERCISES

To excel in HYROX, it can be helpful to familiarise yourself with the specific exercises in the competition. Common exercises are burpees, sled pushes, and rowing. Technically these can be swapped for alternatives if you do not have access, more later.



## STRENGTH TRAINING

Support your skill-specific training with strength exercises such as squats, lunges, press-ups, and deadlifts. These exercises will improve muscle endurance and strength, prevent injury, and enhance overall fitness.



## RECOVERY

Adequate recovery, including rest days and proper nutrition, is crucial. This helps in muscle recovery and prepares your body for the next workout.

# HOW LONG TO TRAIN FOR HYROX

## DETERMINING THE RIGHT TRAINING DURATION BASED ON FITNESS LEVEL

The length of your HYROX training depends on your current fitness level and your goals for improvement before the competition. Typically, you should start training 6-12 weeks in advance.

### BEGINNERS

If you're new to fitness, you may need more time to prepare. Focus on building a solid fitness foundation before advancing to more intense training methods.

### EXPERIENCED ATHLETES

If you're already fit, you might require less time to get ready for the competition. No matter your fitness level, it's essential to listen to your body and avoid overtraining, which can cause injuries and hinder your performance.

Gradually increase your training duration and intensity to ensure steady progress and prevent burnout.





# THE EVENTS

# THE SKI ERG

01

The Ski Erg primarily targets the lats, triceps, shoulders, and core muscles. When performed correctly, it also engages the lower body muscles, making it a full-body exercise.

## TECHNIQUE/EXECUTION

Stand with your feet hip-width apart on the rear third of the platform.

Grab both handles with your arms extended and initiate the movement.

- Pull the handles downward, using your upper body for support while hinging at the hips with a neutral spine into a quarter squat. Finish the pull with both arms extended alongside your thighs.

Start a new pull by extending your arms back up and driving the handles down.

## COMMON MISTAKES

- Incomplete extension of the hips, shoulders, and arms.
- Knees caving inward during the quarter squat (knee valgus).
- Over-reliance on the arms for pulling instead of using the lower body.
- Rounding of the back.



# TIPS



## 01 GRIP MECHANICS

Maintaining a secure grip on the handles is crucial for generating maximum force during the downward pull. A strong grip ensures better control and more efficient force transfer from the upper body to the machine.

## 02 CORE ENGAGEMENT

Engaging your core muscles is essential for overall stability and a more powerful downward pull. A weak core can lead to inefficient movements and potential strain on the lower back, reducing the effectiveness of the workout.

## 03 BREATH CONTROL

Consistent breathing can significantly enhance performance. Think about really filling and emptying your lungs but don't overthink when - go with what feels natural.

## 04 PACING STRATEGY

A well-planned pacing strategy can greatly improve your SkiErg workout. Maintaining a consistent pace throughout the exercise promotes rhythm and energy efficiency. We can help train for this.

## 05 BALANCED TRAINING

Jake Dearden, a HYROX Master Trainer, emphasises the importance of balanced training across all exercises. Focusing only on the more enjoyable activities can hinder overall performance. Remember, your total time determines your finishing position, so it's crucial to be well-rounded in all elements.



# THE SLED PUSH

02

The sled push primarily targets the lower body muscles, particularly the thigh muscles. It also engages the entire posterior chain and core muscles. The upper body muscles play a secondary role by creating tension.

## TECHNIQUE/EXECUTION

- Start with a staggered stance before pushing the sled.
- Hold the handles with your arms either bent or extended and begin the movement.
- While pushing, maintain core tension, and if your arms are extended, keep your shoulders and arms locked out.
- Control your breathing throughout the movement.

## COMMON MISTAKES

- Insufficient core tension.
- Lack of power transmission from the legs and core to the sled.
- Wearing slippery shoes



# TIPS

A woman with brown hair tied back, wearing a black tank top and a white wristband, is pushing a sled in a gym. She is leaning forward with her arms extended, pushing the sled with both hands. She has a determined expression on her face. The background shows gym equipment and other people in the distance.

01

## PROPER STANCE

Keep your feet shoulder-width apart and maintain a slight bend in your knees. Lean your body forward into the sled, keeping your back straight and core tight.

02

## HAND PLACEMENT

Place your hands at a comfortable height on the sled. Higher placements might help with control and power.

03

## STEADY PACE

Push at a consistent pace. Avoid sprinting as it can lead to early fatigue.

04

## BREATHING

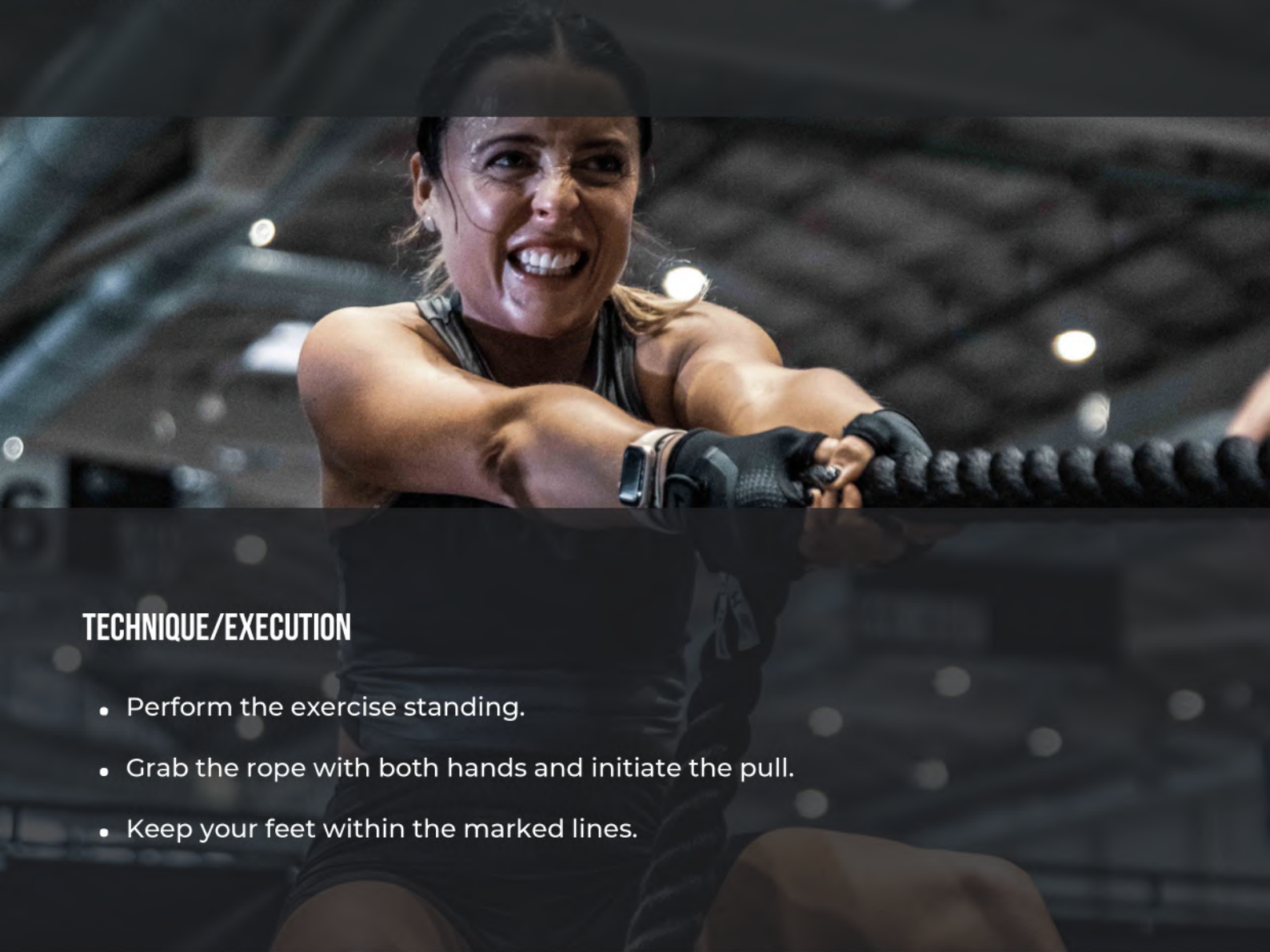
Breathe consistently. Inhale and exhale rhythmically to ensure a steady oxygen supply. Aim to increase the depth and frequency of your breath as you feel the burn.



# THE SLED PULL

03

The sled pull primarily targets the glutes, biceps, and back muscles, as well as the entire trunk.



## TECHNIQUE/EXECUTION

- Perform the exercise standing.
- Grab the rope with both hands and initiate the pull.
- Keep your feet within the marked lines.

## COMMON MISTAKES

- Insufficient core tension.
- No hip extension.
- Poor power transmission from the hips and core to the arms.
- Loss of rope tension.



# TIPS



## 01 CORRECT STANCE

Stand with your feet shoulder-width apart, knees slightly bent, and hips low.

## 02 HAND OVER HAND

Pull the sled hand over hand, keeping your core engaged and back straight.

## 03 USE YOUR LEGS

Incorporate your leg muscles by slightly stepping back as you pull. This adds extra power and reduces strain on your arms.

## 04 SMOOTH MOTION

Avoid jerking movements. Aim for smooth and controlled pulls to maintain balance and efficiency.

## 05 CONSISTENT BREATHING

Maintain a steady breathing pattern. Exhale as you pull, inhale as you reset for the next pull.



# BURPEE BROAD JUMPS

04

The burpee broad jump primarily targets the chest, back, and anterior thigh muscles. It also engages the triceps and shoulder muscles, and when jumping forward, it involves the thigh, calf, and glute muscles.

## TECHNIQUE/EXECUTION

- Start standing upright.
- Place your hands close to your feet, jump your feet back into a high plank position, and lower your chest and thighs to the ground.
- Push yourself back into the plank position and hop your feet forward toward your hands.
- Jump forward, covering as much distance as possible.

## COMMON MISTAKES

- Losing body tension and letting hips droop when lowering from the push-up position to the floor and vice versa.
- Failing to extend the hips during the forward jump fully.
- Not landing on the entire foot when jumping back from the push-up position to hands



# TIPS

A woman in a white sports bra and black leggings is captured mid-air during a burpee in a gym. She has her arms raised and hands clasped above her head. The background shows a large gymnasium with a wooden floor and other people in the distance.

## 01 CONTROLLED DESCENT

When lowering into the burpee, keep your core tight to avoid back strain.

## 02 POWERFUL JUMP

Explode from the squat into a broad jump, using your arms to propel you forward.

## 03 SOFT LANDING

Land softly on the balls of your feet, bending your knees to absorb the impact.

## 04 STEADY RHYTHM

Find a consistent rhythm that you can maintain. Don't rush the jumps; focus on form.

## 05 BREATHING

Inhale during the descent of the burpee, exhale as you jump. This helps regulate your breathing and maintain a steady pace.



# THE ROWER

05

Rowing involves the leg muscles, biceps, core, and back muscles. During the drive (stroke), the back muscles engage as you swing your torso open, and the glutes and hamstrings contract to open the hip. At the finish, the core stabilises the body, and the glutes and quads contract. The biceps and back muscles also help keep the upper body straight, making rowing a total body exercise.

## TECHNIQUE/EXECUTION

- Sit upright, grab the handle with your hands, and bend your legs.
- Initiate the drive with your legs, followed by the arms and upper body.
- Fully extend your legs and pull the handle toward your stomach (below the ribs).
- Prepare for the “catch” by reversing the drive movement with your arms first, then the upper body.

## COMMON MISTAKES

- Rushed strokes without full knee extension.
- Pulling too much and too early with the arms.
- Not maintaining a lumbar curve.

19



# TIPS

A man and a woman are rowing on a machine in a gym. The man is in the background, smiling and giving a thumbs up. The woman is in the foreground, looking directly at the camera. A crowd of people is visible in the background, watching them row.

01

## PROPER SET-UP

Adjust the foot straps and resistance setting on the rowing machine to your comfort level.

02

## POWERFUL STROKE

Drive through your legs first, then lean back slightly, and finally pull with your arms.

03

## SMOOTH RECOVERY

Extend your arms first, then lean forward from the hips, and finally bend your knees.

04

## CONSISTENT PACE

Find a steady pace that you can maintain for the duration of the row. Avoid sprinting early on.

05

## BREATHING

Exhale during the drive phase and inhale during the recovery phase. This helps maintain a steady oxygen supply.



# FARMERS CARRY

06

The farmers carry primarily targets the upper back muscles (trapezius), the entire core, and the forearms/hands (grip strength). The lower body is secondary.

## TECHNIQUE/EXECUTION

- Place one kettlebell on each side of your feet.
- Hinge forward with a straight back until your arms reach the handles of the kettlebells.
- Use your legs and maintain torso tension to lift the kettlebells.
- Keep your lats and core tight and walk.

## COMMON MISTAKES

- Engaging the upper traps during the exercise.
- Bending the arms.
- Swinging the arms while walking or letting the weight touch your thighs.



# TIPS



## 01 PROPER GRIP

Hold the weights firmly but avoid gripping too tightly to prevent forearm fatigue.

## 02 UPRIGHT POSTURE

Keep your back straight, shoulders down and back, and engage your core.

## 03 SHORT STEPS

Take short, quick steps to maintain balance and control over the weights.

## 04 CONSISTENT PACE

Walk at a steady pace. Avoid rushing, which can lead to poor form and potential injury.

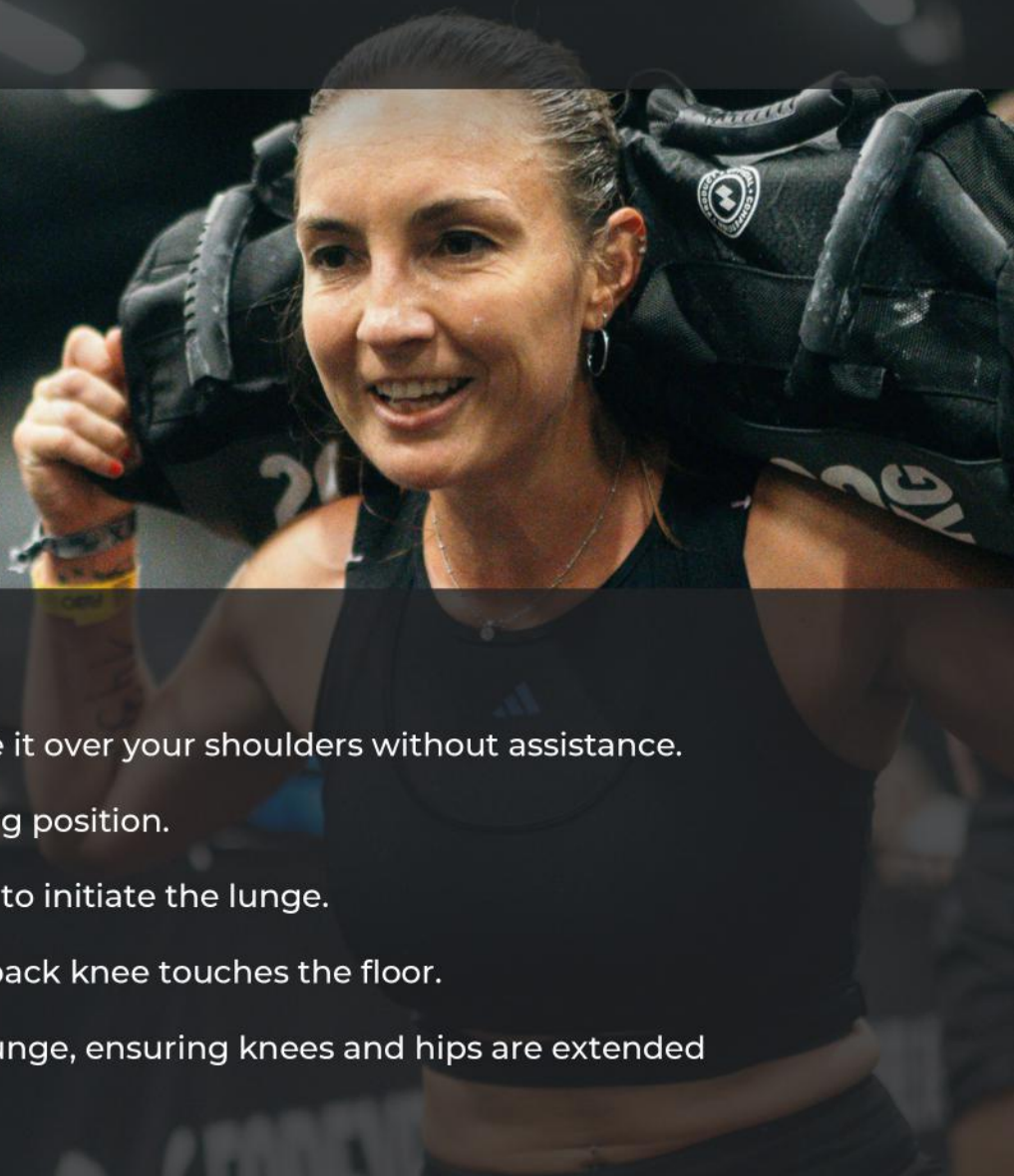
## 05 BREATHING

Maintain steady breathing. Inhale and exhale rhythmically to ensure a consistent oxygen flow.

# SANDBAG LUNGE

07

The sandbag lunge primarily targets the thigh and glute muscles. The weight of the sandbag on the shoulders also engages the core muscles.



## TECHNIQUE/EXECUTION

- Lift the sandbag and place it over your shoulders without assistance.
- Start in an upright standing position.
- Step forward with one leg to initiate the lunge.
- Lower yourself until your back knee touches the floor.
- Alternate legs with each lunge, ensuring knees and hips are extended before switching.

## COMMON MISTAKES

- Unstable front knee.
- Back knee not touching the floor.
- Incomplete hip extension.



# TIPS

A group of male athletes are running in a gym or training facility. They are wearing weighted vests and are captured in motion, running towards the camera. The background is slightly blurred, showing yellow structural elements of the facility. The overall scene is dynamic and energetic.

01

## FLAT FOOT, FULL POWER

Make sure your whole foot, not just the toes, makes contact with the ground. This maximises force distribution and maintains balance.

02

## CORRECT FOOTWEAR

Use trainers with a good level of stability that you can push through without losing balance.

03

## LEAN SLIGHTLY FORWARD

A slight forward lean can help maintain momentum and keep the focus on your quads, the muscle group you're looking to engage most.

04

## CORE ENGAGEMENT

Keep your core engaged to maintain balance and prevent energy-wasting wobbles or adjustments.

05

## BREATHING PATTERN

Breathe evenly, inhale on the way down, exhale on the way up. A good breathing pattern can make a big difference in endurance and pace.

06

## PACING

Find a rhythm that allows you to maintain good form.



# WALL BALLS

08

Wall balls primarily target the legs and glutes. Throwing the medicine ball against a target also requires upper body activation, especially the shoulder muscles.

## TECHNIQUE/EXECUTION

- Stand upright with feet hip-width apart, about one arm's length from the wall or rig.
- Pick up the ball from the floor, stand upright, and lower into a squat.
- At the bottom of the squat, ensure your hips descend lower than your knees.
- Stand up, use momentum to throw the ball against the target, catch it, and repeat.

## COMMON MISTAKES

- Standing too close or too far from the wall/rig.
- Not squatting below parallel.
- Knees rotating internally (knee valgus).
- Leaning the upper body forward.
- Not using explosive hip extension for momentum.
- Throwing the ball with only the arms.



# TIPS



01

## PROPER STANCE

Stand with your feet shoulder-width apart, holding the ball at chest level.

02

## DEEP SQUAT

Lower into a deep squat, keeping your chest up and core engaged.

03

## POWERFUL THROW

Explode upwards from the squat and throw the ball to the target. Use your legs to generate power.

04

## CATCH WITH CONTROL

Catch the ball with your hands and immediately descend into the next squat.

05

## BREATHING

Exhale as you throw the ball and inhale as you catch and squat. This helps maintain a steady rhythm and oxygen flow.

I FOUND OUT ABOUT HYROX BY ACCIDENT IN 2020. MY  
WIFE & I BOTH DID THE SINGLES RACE. NOW WE  
COMPETE AS A TEAM IN DOUBLES

BRIAN SHOENBORN



# THE CATEGORIES

# MENS SINGLES

	OPEN	PRO
Ski Erg	1000m	1000m
Sled Push	12.5m x4@152kg incl. Sled	12.5m x4@202kg incl. Sled
Sled Pull	12.5m x4@103kg incl. Sled	12.5m x4@153kg incl. Sled
Burpee Broad Jump	80m	80m
Rowing	1000m	1000m
Farmers Carry	200m@24kg	200m@32kg
Sandbag Lunges	100m@20kg	100m@30kg
Wall Ball	100x@6kg	100x@9kg

# WOMENS SINGLES

	OPEN	PRO
Ski Erg	1000m	1000m
Sled Push	12.5m x4@102kg incl. Sled	12.5m x4@152kg incl. Sled
Sled Pull	12.5m x4@78kg incl. Sled	12.5m x4@103kg incl. Sled
Burpee Broad Jump	80m	80m
Rowing	1000m	1000m
Farmers Carry	200m@16kg	200m@24kg
Sandbag Lunges	100m@10kg	100m@20kg
Wall Ball	75x@4kg	100x@6kg



# DOUBLES

	WOMEN	MEN	MIXED
Ski Erg	1000m	1000m	1000m
Sled Push	12.5m x4@102kg incl. Sled	12.5m x4@152kg incl. Sled	12.5m x4@152kg incl. Sled
Sled Pull	12.5m x4@78kg incl. Sled	12.5m x4@103kg incl. Sled	12.5m x4@103kg incl. Sled
Burpee Broad Jump	80m	80m	80m
Rowing	1000m	1000m	1000m
Farmers Carry	200m@16kg	200m@24kg	200m@32kg
Sandbag Lunges	100m@10kg	100m@20kg	100m@30kg
Wall Ball	100x@4kg	100x@6kg	100x@9kg

## STRUCTURE OF THE DOUBLES COMPETITION

The HYROX doubles competition offers a unique way for two participants to team up and tackle the challenges of a HYROX race together. Here's how the doubles competition runs:

## TEAM COMPOSITION

In the doubles category, two participants form a team. Both members compete together throughout the course, but they are not required to stay side-by-side during the running segments. However, they need to coordinate efficiently during the workout stations.

## RACE FORMAT

The race format for doubles is similar to the individual races, involving a total of 8 km of running interspersed with eight functional workouts. The workouts are typically the same as those in the individual category, which include sled push, wall balls, rowing, kettlebell carries, and more.

## RUNNING SEGMENTS

Each running segment is approximately 1 km, as in the individual races. While both team members start and finish each running segment together, they can choose to run at a different pace if they prefer.

## WORKOUT STATIONS

This is where the doubles competition differs significantly from individual races. Both team members must complete the workout stations together, and many of the exercises require teamwork.

### FOR EXAMPLE:

**Sled Push and Pull:** Both team members might need to push or pull the sled together, coordinating their strength and timing

**Partner Carries:** Certain stations might include exercises like partner carries, where one team member carries the other for a specified distance.

**Synchro Workouts:** Exercises like burpees, sandbag lunges, or rowing may need to be synchronised, meaning both members perform the exercise in unison to count the reps properly.

## TRANSITION AND STRATEGY

Teams need to strategize their transitions between running and workouts efficiently. Quick and coordinated transitions can save valuable time.

## FINISH LINE

Both members of the team must cross the finish line together. The team's time is recorded when the second team member crosses the finish line.





# PRO DOUBLES

	WOMEN	MEN
Ski Erg	1000m	1000m
Sled Push	12.5m x4@152kg incl. Sled	12.5m x4@202kg incl. Sled
Sled Pull	12.5m x4@103kg incl. Sled	12.5m x4@153kg incl. Sled
Burpee Broad Jump	80m	80m
Rowing	1000m	1000m
Farmers Carry	200m@24kg	200m@32kg
Sandbag Lunges	100m@20kg	100m@30kg
Wall Ball	100x@6kg	100x@9kg

# RELAY

	WOMEN	MEN	MIXED
Ski Erg	1000m	1000m	1000m
Sled Push	12.5m x4@102kg incl. Sled	12.5m x4@152kg incl. Sled	12.5m x4@102kg incl. Sled - WOMEN 12.5m x4@152kg incl. Sled - MEN
Sled Pull	12.5m x4@78kg incl. Sled	12.5m x4@103kg incl. Sled	12.5m x4@78kg incl. Sled - WOMEN 12.5m x4@103kg incl. Sled - MEN
Burpee Broad Jump	80m	80m	80m
Rowing	1000m	1000m	1000m
Farmers Carry	200m@16kg	200m@24kg	200m@16kg - WOMEN 200m@24kg - MEN
Sandbag Lunges	100m@10kg	100m@20kg	100m@10kg - WOMEN 100m@20kg - MEN
Wall Ball	100x@4kg	100x@6kg	100x@4kg - WOMEN 100x@6kg - WOMEN

# EVENT TIPS

## MAINTAIN A SUSTAINABLE INTENSITY

When completing these workouts, aim to keep your intensity just below the red line," advises Dearden. "This means working hard enough to be out of breath and increasing intensity with each round, but never reaching a point where you have to stop moving."

## PACE YOURSELF

Start at a pace where you can complete each round with minimal rest while still being out of breath at the end," he suggests. "Ensure you use the entire 90 seconds of rest between rounds."

## HYROX-SPECIFIC MOVEMENTS AND WEIGHTS

"One of the unique things about Hyrox is that you know exactly what the race entails. If you plan to compete in a Hyrox race, you can practice the exact movements. This specificity is why many runners enjoy it—you can train and race just like you would for a 5K."

