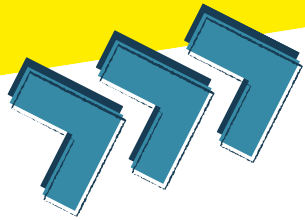


# WHAT IS

# HYROX?



**C26 HUB**

16201 Shawnee Dr.

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# HYROX IS FITNESS RACING

**HYROX combines both running & functional workout stations, where participants run 1km, followed by 1 functional workout station, repeated eight times.**

**Each race is hosted indoors in expansive exhibition halls, creating an immersive and electrifying race, where your spectators can support you from the very beginning to the very end.**

**This race format remains consistent across the globe, enabling global leaderboards & a cumulative World Championships at the end of each race season.**

**Accommodating both professional athletes, and everyday fitness enthusiasts looking to take their training to the next level, HYROX is the sport for everybody.**

# RACE FORMAT



## 2 50m Sled Push

The second workout station is 50m of Sled Push. This is one station you do not want to come unprepared for... so make sure you try it out at least once before your race and invest in some grippy shoes! This movement targets the lower body muscles, including the entire posterior chain, core & anterior thigh muscles in particular.

## 4 80m Burpee Broad Jump

Born in 1939, the fourth workout station is a full body workout that is both loved and hated at the same time. Trying these for the first time may feel hard, but many of our regular athletes now consider this station to be one of their favorites!

## 6 200m Farmers Carry

For 200m of Farmers Carry, engagement of your upper back muscles, core & grip strength is required. This workout station is easy to practice on your weekly shop.

## 8 100 Wall Balls

The final station... Wall Balls. With the finish line in sight, it's time to finish your race in style & join the #HYROXFAMILY.

## RUN 1K



## 1 1000m SkiErg

The first HYROX workout station is 1000m on the Ski Erg. This erg predominantly targets the arm, shoulder & core muscles, however when done efficiently, it also involves muscles in the lower body – making the Ski Erg a full body workout.

## RUN 1K



## 3 50m Sled Pull

Get ready to use your glutes, back, biceps & the entire trunk during workout station three – 50m of Sled Pull.

## RUN 1K



## RUN 1K



## 5 1000m Row

Station number five is the second ergometer in this fitness race. 1000m of rowing marks the beginning of the second half of your HYROX race.

## RUN 1K



## RUN 1K



## 7 100m Sandbag Lunges

10, 20 or 30 kilograms on your back whilst lunging? Welcome to workout station number seven. Primarily targets the thigh and glute muscles, this one is a burner.

## RUN 1K



## RUN 1K



# THE COMPETITION & DIVISIONS



HYROX has been created as the Fitness Race for everybody, but let's not forget, it is still a fitness race which requires training and preparation in strength as well as endurance. 8 x 1km of running and 8 functional workouts! The ultimate challenge of your body with natural skills movements tested to the maximum.

HYROX is very accessible!

With **four different categories** to choose from, HYROX is the sport for every body. Whether you are looking to take on HYROX by yourself in our Open or Pro category, share the experience with a teammate in the Doubles Categories, or split HYROX four ways in our Team Relay category, we have a race for everyone.

**Open** – A challenging, but an achievable individual race for all fitness levels.

**Pro** – For the experienced racer, heavier weights make for a more challenging experience.

**Doubles** – Find a partner and take on HYROX as a pair; running together but splitting each workout station as you choose.

**Relay Teams** – Perfect for gyms, corporate teams & friends, this division splits HYROX between a team of four, with each teammate completing 2 x 1km of running followed by 1 workout station.



# WEIGHTS, DISTANCES AND REPETITIONS



WORKOUT	WOMEN	PRO WOMEN	MEN	PRO MEN	DOUBLES WOMEN	DOUBLES MEN	DOUBLES MIXED
SkiErg 1000m	-	-	-	-	-	-	-
Sled Push* 2 x 25m	102 kg	152 kg	152 kg	202 kg	102 kg	152 kg	152 kg
Sled Pull* 2 x 25m	78 kg	103 kg	103 kg	153 kg	78 kg	103 kg	103 kg
Burpee Broad Jump 80m	-	-	-	-	-	-	-
Rowing 1000m	-	-	-	-	-	-	-
Farmers Carry 200m	2 x 16 kg	2 x 24 kg	2 x 24 kg	2 x 32 kg	2 x 16 kg	2 x 24 kg	2 x 24 kg
Sandbag Lunges 100m	10 kg	20 kg	20 kg	30 kg	10 kg	20 kg	20 kg
Wall Ball 100x	100 reps 4 kg	100 reps 6 kg	100 reps 6 kg	100 reps 9 kg	100 reps 4 kg	100 reps 6 kg	100 reps 6 kg

WORKOUT	RELAY WOMEN	RELAY MEN	RELAY MIXED
SkiErg 1000m	-	-	-
Sled Push* 2 x 25m	102 kg	152 kg	102 kg/152 kg (F/M)
Sled Pull* 2 x 25m	78 kg	103 kg	78 kg/103 kg (F/M)
Burpee Broad Jump 80m	-	-	-
Rowing 1000m	-	-	-
Farmers Carry 200m	2 x 16 kg	2 x 24 kg	2 x 16 kg/24 kg (F/M)
Sandbag Lunges 100m	10 kg	20 kg	10/20 kg (F/M)
Wall Ball 100x	100 reps 4 kg	100 reps 6 kg	4/6 kg (F/M)



# PREPARE FOR

# HYROX



**50%**  
**IS**  
**RUNNING**

Some love it, others rather not think about it! A HYROX race consists of 8 kilometers of running, split into 8 times 1 kilometer. So get that running into your training and build up your cardio, as you will be out for an average of 90 minutes. It is also important to experience running after working the legs and arms, so simulate that Race Experience at home or in the gym.

Ever wondered how you run after pushing a 125kg sled for 50 meters? Or after your heart rate spikes during 80m of Burpee Broad Jumps. So mix up your training and you will start to enjoy your running more and more.





# KEY FACTS



1

## LEARN THE MOVEMENT STANDARDS

It is important to familiarize yourself with the HYROX movement standards so that you train the exercises in the right manner and avoid bad movements and potential injuries. Experiment in the gym with your Certified HYROX Coach with various techniques that can be applied and find the one that works best for you.

2

## DON'T START TOO FAST

We see it over and over again! People running their Personal Best during the first kilometer and pushing hard through the SkiErg. Who wouldn't? The energy, the excitement in the venue, the music, friends and family cheering you on. However, it is an endurance event, and can be compared to a half Marathon or an Olympic Distance Triathlon. So pace yourself, find your rhythm, control your heart rate, and you will perform at your best.

3

## REST, EAT AND HYDRATE

During your training periods, in build up to the event, and on event day, don't forget to rest, eat and stay hydrated. Specifically on the event day, you might be arriving a few hours before your start time to cheer on your friends, you get caught up in the event excitement and before you know it, it is time to warm up and go to the Start Zone. So make sure you drink plenty of water and don't use too much energy so that you arrive at the Start Zone fresh and ready to go.



# WHY HIRE A COACH?

Having a coach to prepare you for a HYROX competition will make a massive difference in your performance, experience, and long-term progress. Here's why it's beneficial:

## Structured, Specific Training

HYROX is not just about being strong or fast—it's about being both, with endurance and efficiency across multiple functional movements. A coach designs a program tailored to:

- Your current fitness level
- Your strengths/weaknesses
- Your available training time
- The unique demands of HYROX (running + functional workouts like sled pushes, rowing, burpees, etc.)

## Technique & Efficiency

A coach ensures your form is dialed in. Bad technique on something like wall balls or sled pulls wastes energy and increases injury risk. Coaching helps you move smarter, not just harder.



# Progression & Periodization

A good coach knows when to push, when to back off, and how to peak at the right time. They help you:

- Build a base
- Increase intensity safely
- Taper before race day for peak performance

# Accountability & Motivation

Let's be honest—training for HYROX is tough. A coach keeps you consistent, checks in when motivation dips, and helps you stay focused on the goal, even when life gets hectic.

# Injury Prevention

Smart programming reduces overtraining and burnout. A coach can spot red flags in your recovery, volume, or movement patterns that could lead to injury if ignored.

# Race-Day Strategy

HYROX is as much about pacing and transitions as raw fitness. A coach can help you:

- Plan your splits
- Know when to push and when to recover
- Maximize efficiency between zones

# Customization for You

Unlike generic online plans, a coach adapts your plan in real time based on your progress, schedule, or any setbacks—so you're always moving forward.



# BOTTOM LINE....

## HYROX is a hybrid beast!

Half marathon, half CrossFit, all grit. A coach gives you a roadmap, keeps you out of the pain cave too early, and sets you up to not just survive the course, but crush it.

Want to learn more?  
Schedule a free HYROX  
consultation today with our  
HYROX Performance  
Coaches!



Kory Robertson



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