

HYROX Relay Rules and Procedures

Before the race, please ensure:

- You are fully briefed on the correct technique for each exercise, the distances, weights and reps you will be doing. The staff will demonstrate each exercise.
- You are well warmed up. You should arrive at least 15 minutes early to do a warmup and stretch.
- You are feeling fit and well to take part in the Race Day.

The Team must complete 8 workout stations in total in the designated order. Each team member must complete 2 runs and 2 workout stations. Team members can either perform 2 1000m runs and 2 workout stations consecutively or can come back into the relay at another point but they must perform a 1000m run before moving on to a workout station.

The Race

TM – Team Member

Run 1: 1000m Run

Run distance of 1000m. You can slow down as and when you need walking or running is permitted.

Relay: one team member must run full distance of 1000m and complete the first station.

Station 1: 1000m Ski Erg

Quick Start to get going. You can slow down or stop if needed. On completion of 1000 metres move to the next station.

Relay: Team member who completed the first run must complete the first station.

Run 2: 1000m Run

Run distance of 1000m. You can slow down as and when you need walking or running is permitted.

Relay: one team member must run full distance of 1000m and complete the second station.

Station 2: 50m Sled Push (150KG)

Push weighted sled forwards for 50 metres. You may slow down or stop if needed.

Relay: Team member who completed the second run must complete the second station.

Run 3: 1000m Run

Run distance of 1000m. You can slow down as and when you need walking or running is permitted.

Relay: one team member must run full distance of 1000m and complete the third station.

Station 3: 50m Sled Pull (100KG)

Pull weighted sled for 50 metres. You may slow down or stop if needed.

Relay: Team member who completed the third run must complete the third station.

Run 4: 1000m Run

Run distance of 1000m. You can slow down as and when you need walking or running is permitted.

Relay: one team member must run full distance of 1000m and complete the fourth station.

Station 4: 80m Burpee Broad Jumps

Begin in a standing position. Position your feet shoulder-width apart. Drop into a squat, bend your knees, driving them out slightly past your toes while bringing your butt down. Kick your legs back into a high plank position. Your body should be in a straight line from shoulders to heels. Lower toward the ground then rise back to high plank. Return to a squat position, then stand up straight.

Relay: Team member who completed the fourth run must complete the fourth station.

Run 5: 1000m Run

Run distance of 1000m. You can slow down as and when you need walking or running is permitted.

Relay: one team member must run full distance of 1000m and complete the fifth station.

Station 5: 1000m Row

Quick start to start and must complete 1000m before moving to the next station. You may slow down or stop if needed.

Relay: Team member who completed the fifth run must complete the fifth station.

Run 6: 1000m Run

Run distance of 1000m. You can slow down as and when you need walking or running is permitted.

Relay: one team member must run full distance of 1000m and complete the sixth station.

Station 6: 200m Farmers Carry (24KG)

Pick up your weighted drums and continue 200 metres. You can stop, rest and re grip as needed.

Relay: Team member who completed the sixth run must complete the sixth station.

Run 7: 1000m Run

Run distance of 1000m. You can slow down as and when you need walking or running is permitted.

Relay: one team member must run full distance of 1000m and complete the seventh station.

Station 7: 100m Lunges (20KG)

The sandbag must be carried on your shoulders. Lunges to be done on alternate legs each rep for 100 metres. Your back knee must touch the floor and front leg at 90 degrees. Stop and rest as needed.

Relay: Team member who completed the seventh run must complete the seventh station.

Run 8: 1000m Run

Run distance of 1000m. You can slow down as and when you need walking or running is permitted.

Relay: one team member must run full distance of 1000m and complete the eighth station.

Station 8: 100 Wall Balls (6KG)

With the Ball held at chest height, squat down to 90 degrees, squat up to full extension and throw the ball at the target. The Ball must hit the target and can be caught or allowed to drop to the floor. If dropped to the floor pick up and repeat, if caught squat back down to 90 degrees and repeat. The No Rep policy will be enforced if the squat is not deep enough, or ball doesn't hit the target line.

Juniors are to hold weight to chest, squat to 90 degrees and press ball straight out and tap wall in front.

Relay: Team member who completed the eighth run must complete the eighth station.

Good Luck!