

HYROX RACE-DAY CHECKLIST

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IN THE WEEKS BEFORE

- ☐ Confirm your start time, venue and entry requirements in the official athlete guide.
- ☐ Read the current rulebook and movement standards for every station.
- ☐ Check the station weights for your division and season.
- ☐ Set pacing targets for the runs and each station.
- ☐ Plan how you will travel to the venue and when you will arrive.

GEAR

- ☐ Shoes you have already trained in — nothing brand new on race day.
- ☐ Clothing you have trained in, suited to the venue and weather.
- ☐ A spare top, socks and dry clothes for afterwards.
- ☐ Water bottle and a small towel.
- ☐ Anything optional (gloves, grip aids, watch or heart-rate strap): check the rules before you bring it.

FOOD AND FLUIDS

- ☐ Eat familiar foods; nothing new on race day.
- ☐ Drink well in the days before, not just on the morning.
- ☐ Have the pre-race snack and timing you have practised.
- ☐ Pack food and drink for straight after the race.

RACE PLAN

- ☐ Start the first run controlled.
- ☐ Keep the SkiErg steady; it is the first station, not the finish line.
- ☐ Choose a plan for breaking the wall balls into small sets before you fail.
- ☐ Move through the transition area calmly and keep it short.
- ☐ Pick one simple cue for each station.

AFTERWARDS

- ☐ Walk, cool down, eat and drink.
- ☐ Check your official result and splits.
- ☐ Write down one thing that went well and one to improve.

General guidance, not medical advice. Rules, divisions and requirements vary by event and season: always follow the official athlete guide on hyrox.com.