

RACE-PACE SPLIT SHEET

8 x 1 km run + 8 stations, in race order. Set a target, log actual, find the leak.

	SEGMENT	TARGET	ACTUAL	+ / -
1	Run 1 1 km			
	SkiErg 1000 m			
2	Run 2 1 km			
	Sled Push 4 x 12.5 m			
3	Run 3 1 km			
	Sled Pull 4 x 12.5 m			
4	Run 4 1 km			
	Burpee Broad Jumps 80 m			
5	Run 5 1 km			
	Rowing 1000 m			
6	Run 6 1 km			
	Kettlebell Farmers Carry 200 m			
7	Run 7 1 km			
	Sandbag Lunges 100 m			
8	Run 8 1 km			
	Wall Balls 100 reps			

TOTAL TARGET _____ TOTAL ACTUAL _____ ROXZONE _____

Training aid only. Station order verified against the rulebook below; check the current rulebook before race day.

Format source: HYROX 26/27 Singles Rulebook, https://hyroxbenelux.com/wp-content/uploads/2026/06/26_27_HYROX_Rulebook_Singles_EN_FINAL.pdf | Unofficial. Not affiliated with or endorsed by HYROX.

12-WEEK BUILD

Four sessions a week. Shade the cell when done; write the key number inside.

	RUN	STRENGTH	COMPROMISED RUN	SIMULATION
W01				
W02				
W03				
W04 check-in				
W05				
W06				
W07				
W08 check-in				
W09				
W10				
W11				
W12 check-in				

STATION REFERENCE

Distances and weights by division, as published in the 26/27 Singles Rulebook.

Station	Women Open	Men Open / Women Pro	Men Pro
SkiErg	1000 m	1000 m	1000 m
Sled Push 4x12.5 m	102 kg incl. sled	152 kg incl. sled	202 kg incl. sled
Sled Pull 4x12.5 m	78 kg incl. sled	103 kg incl. sled	153 kg incl. sled
Burpee Broad Jumps	80 m	80 m	80 m
Rowing	1000 m	1000 m	1000 m
Farmers Carry 200 m	2 x 16 kg	2 x 24 kg	2 x 32 kg
Sandbag Lunges 100 m	10 kg	20 kg	30 kg
Wall Balls 100 reps	4 kg	6 kg	9 kg

Rulebook: a race is a 1 km run followed by 1 station, repeated 8 times, in the set order.

Rulebook section 12.1.2 sets the penalties for doing stations in the wrong order.