



HYROX Spring/Summer Series 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 Race

250m Run (Juniors 150m)

Run distance of 250m. You can slow down as and when you need walking or running is permitted.

250m Ski Erg

Quick Start to get going. You can slow down or stop if needed. On completion of 250 metres move to the next station.

250m Run (Juniors 150m)

Run distance of 250m. You can slow down as and when you need walking or running is permitted.

12.5m Sled (100KG male/80KG female/40KG junior)

Push weighted sled forwards for 12.5 metres. You may slow down or stop if needed.

250m Run (Juniors 150m)

Run distance of 250m. You can slow down as and when you need walking or running is permitted.

12.5m Sled (100KG male/80KG female/40KG junior)

Push weighted sled forwards for 12.5 metres. You may slow down or stop if needed.

250m Run (Juniors 150m)

Run distance of 250m. You can slow down as and when you need walking or running is permitted.

20m 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.

250m Run (Juniors 150m)

Run distance of 250m. You can slow down as and when you need walking or running is permitted.

250m Row

Quick start to start and must complete 250m before moving to the next station. You may slow down or stop if needed.

250m Run (Juniors 150m)

Run distance of 250m. You can slow down as and when you need walking or running is permitted.

50m Farmers Carry (24KG male/16KG female/8KG junior)

Pick up your weighted drums and continue 50 metres. You can stop, rest and re grip as needed.

250m Run (Juniors 150m)

Run distance of 250m. You can slow down as and when you need walking or running is permitted.

25m Lunges (20KG male/10KG female)

The sandbag must be carried on your shoulders. Lunges to be done on alternate legs each rep for 25 metres. Your back knee must touch the floor and front leg at 90 degrees. Stop and rest as needed.

250m Run (Juniors 150m)

Run distance of 250m. You can slow down as and when you need walking or running is permitted.

25 Wall Balls (6KG male/4KG female/4KG junior)

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.

Good Luck!