CFBC

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REFERENCE PACK

HYROX LIFESTYLE · EVIDENCE BASE

HYROX AUTHORITY REFERENCE

The evidence base behind every HYROX resource at CrossFit BC. Four lifestyle levers, the official rulebook, ten vetted sources, and a tap-to-play video library, in one pack.

4 PILLARS | 10 SOURCES | 11 TAP-TO-PLAY VIDEOS | REVIEWED 2026-08-12

WHAT'S INSIDE

6 SECTIONS

1 **How to use this pack**
What is research, what is coaching practice.

2 **Train**
Aerobic distribution, station rehearsal, compromised running.

3 **Fuel**
Protein, timing, carbohydrate, hydration, caffeine.

4 **Recover**
Sleep, planned deloads, the race-week taper.

5 **Mind**
Self-talk, split planning, transition rehearsal.

6 **Sources + video library**
Every link live, every video one tap.

HYROX AT CROSSFIT BC
crossfitbc.com/programs/hyrox

START HERE

HYROX IS A LIFESTYLE AS MUCH AS IT IS A RACE.

Training is one of four levers. Fuel, recovery, and mindset decide whether the training shows up on race day. This pack is the shared evidence base behind every HYROX page, worksheet, and calculator we publish, so the advice you get from a coach on the floor is the same advice you can check against a source.

01 HOW TO READ EVERY PRACTICE POINT

SUPERSCRIPT NUMBER

Backed by a numbered source at the back of this pack. Rulebook, position stand, or peer-reviewed trial.

COACH PRACTICE

CrossFit BC's own coaching practice, built from athletes we have taken to the start line. Stated as practice, not as science.

02 THIS PACK IS INTERACTIVE

ORANGE TEXT

Every orange link is live. Tap it on a screen and it opens in your browser.

POSTER CARDS

Tap the play button on any video poster to watch it. Attribution always stays with the creator.

QR CODES

Printed the pack? Scan the QR next to any video and it opens on your phone.

03 WHERE THE STANDARDS COME FROM

We never state a load, distance, or rule as fact without pointing at the official HYROX rulebook. Rulebooks change season to season, so check the current edition at **hyrox.com/rulebook** before you build a plan around a number.

REVIEW CADENCE

Every source here was checked against PubMed or the publisher on 2026-08-12, and we re-verify annually. Live version: **crossfitbc.com/programs/hyrox**.

THE ENGINE

TRAIN: BUILD THE ENGINE THAT SURVIVES EIGHT TRANSITIONS

HYROX rewards the athlete who can still run after a sled. That is an aerobic base problem first and a strength problem second, so we build both in the same week rather than trading one for the other.

01 THE PRACTICE

1 **Keep the large majority of weekly running and erg work easy, and reserve two hard sessions for compromised running and station work.**[10]

Why: Elite endurance athletes hold a low-intensity-heavy distribution, and it is the pattern that keeps working athletes uninjured.

2 **Rehearse the exact station order and distances rather than training the movements in isolation.**[1]

Why: The official rulebook fixes the sequence, loads, and penalties, so the race is a known test you can practise.

3 **Run at least one full-length 90-minute SIM-ilar session per training block before race week.** COACH PRACTICE

Why: Fitness is not the same as knowing your pace, your grip fade, and your transition habits under fatigue.

02 WATCH IT, THEN REHEARSE IT

Singles: official HYROX technical briefing
HYROX: The World Series of Fitness Racing · TRAIN

The briefing every singles athlete hears on race day, from the governing body itself. Watch it once...

What is HYROX? The race format in 60 seconds
HYROX: The World Series of Fitness Racing · TRAIN

The official one-minute explanation of the 8 runs and 8 stations. The clearest thing to send a friend...

Full protocol: **crossfitbc.com/programs/hyrox** (See the HYROX training programs)

THE FUEL

FUEL: EAT LIKE THE RACE IS 90 MINUTES TO TWO HOURS OF CONTINUOUS WORK

Most first-time racers under-eat carbohydrate for weeks, then over-experiment on race morning. Fueling is a training skill: build the daily habit, then rehearse race-day intake in a SIM-ilar session.

01 THE PRACTICE

1. **Anchor daily protein around 1.6 to 2.0 g per kg of bodyweight, spread across three to four meals.**[3]
   Why: That range supports adaptation and repair in athletes training hard multiple times a week.

2. **Place carbohydrate before and after your two hard sessions instead of chasing perfect timing all day.**[4]
   Why: Total daily intake carries most of the result, with timing mattering most when sessions are close together.

3. **For a race near or under an hour, fuel the days before rather than mid-race. Practise 30 to 60 g of carbohydrate per hour only for longer efforts and doubles days.**[5]
   Why: Carbohydrate needs scale with duration, and mid-race intake you have not rehearsed is a gut-distress risk.

4. **Set hydration by your own sweat rate: weigh in before and after a hard session and replace what you lost.**[6]
   Why: Fixed fluid targets ignore how differently people sweat, and bodyweight change is the simple practical check.

5. **If you use caffeine, rehearse it: roughly 3 to 6 mg per kg about an hour before, tested in training first.**[7]
   Why: The performance effect is well supported, but individual tolerance varies and race morning is a poor place to find out.

02 WATCH IT, THEN REHEARSE IT

HYROX performance nutrition from inside the Elite 15
Rich Ryan · FUEL
A working look at how a professional fitness racer eats through a training block, not just on race…

Full protocol: crossfitbc.com/resources/protein-timing-hyrox (Protein and fueling for HYROX)

THE REPAIR

RECOVER: RECOVERY IS THE TRAINING YOU GET TO KEEP

Adaptation happens between sessions. When life is busy, the honest fix is rarely more training, it is protecting sleep and pulling volume back for a week before your body pulls it back for you.

01 THE PRACTICE

1 **Treat sleep as the first performance intervention. Extend to the top of your personal range in the four weeks before a race.**[8]

Why: Sleep extension improved sprint speed, accuracy, reaction time, and mood in trained athletes.

2 **Schedule a planned deload every fourth to sixth week rather than waiting for a niggle to force one.** COACH PRACTICE

Why: Load tolerance is built by consistency across months, and forced breaks cost far more weeks than planned ones.

3 **Taper volume, not intensity, in race week. Keep the movements sharp and cut the work.** COACH PRACTICE

Why: You keep the feel of race pace while arriving fresh, which is the whole point of the last seven days.

02 WATCH IT, THEN REHEARSE IT

A HYROX pro explains the mistakes to avoid at every station

Rich Ryan · RECOVER

Station-by-station error catalogue. Most of these are recoverable minutes if you fix them in training...

Full protocol: crossfitbc.com/resources/race-week-taper (The race week taper plan)

THE PLAN

MIND: RACE THE PLAN, NOT THE PERSON BESIDE YOU

Everyone meets the same moment somewhere around the sandbag lunges. The athletes who hold pace there are not tougher by nature, they have practised what they say to themselves and what they do next.

01 THE PRACTICE

1 **Build two or three cue phrases in training and use the same ones on race day.**[9]

Why: Trained motivational self-talk lowered perceived effort and extended time to exhaustion in a controlled trial.

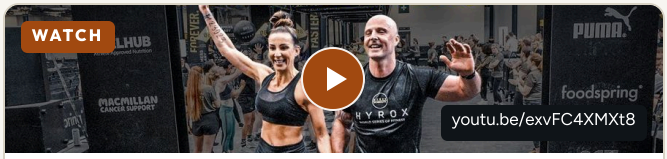
2 **Write your eight splits before the race, then run the first two runs slower than feels right.** COACH PRACTICE

Why: Almost every blown HYROX race is a first-half pacing decision, not a fitness ceiling.

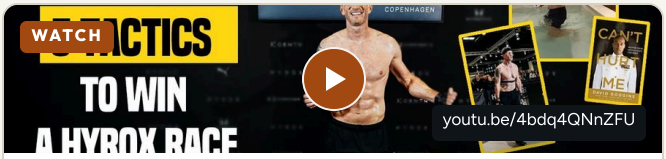
3 **Rehearse the transition, not just the station. Know exactly what you do in the first ten seconds of the RoxZone.** COACH PRACTICE

Why: Decisions made while breathing hard are worse decisions, so decide them in advance.

02 WATCH IT, THEN REHEARSE IT



Do not burn out: how to pace yourself in HYROX
HYROX Workouts · MIND
A beginner-facing pacing walkthrough that matches how we coach first-timers: start slower than feels...



5 mental tactics that win HYROX races
The Rox Guys · MIND
Concrete in-race mental tools, not motivational noise. Watch it alongside the self-talk research in the...

Full protocol: crossfitbc.com/resources/hyrox-pacing-calculator (Build your 8-split race plan)

VIDEO LIBRARY 1 OF 2

WATCH THE TECHNIQUE, THEN REHEARSE IT.

Hand-picked and watched in full. Official HYROX material first, then coaches and athletes we would happily send a member to. Tap any poster to play it, or scan the QR from a printed copy. Attribution is always credited to the creator.

Singles: official HYROX technical briefing

HYROX: The World Series of Fitness Racing · TRAIN

The briefing every singles athlete hears on race day, from the governing body itself. Watch it once before your first race so nothing at the start line is new.

What is HYROX? The race format in 60 seconds

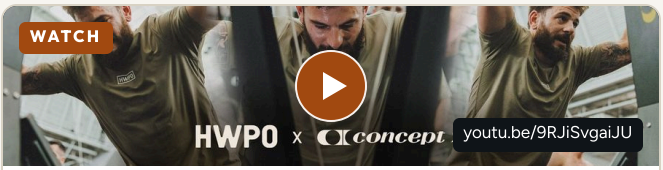
HYROX: The World Series of Fitness Racing · TRAIN

The official one-minute explanation of the 8 runs and 8 stations. The clearest thing to send a friend who asks what you have signed up for.

Turn your HYROX sled push into a weapon

Rich Ryan · TRAIN

Elite-division breakdown of body angle, hand position, and the short-step drive pattern. Pairs with the 30 m sled track sessions in our HYROX classes.



What is the SkiErg? Tips and tricks for HYROX

Concept2 with Mat Fraser · TRAIN

Manufacturer-level technique guidance on the machine that opens your race. Damper, hinge, and stroke rate, explained by the people who build it.

HYROX wall ball top tips

Wolverson Fitness with George Edwards · TRAIN

Short, practical fixes for the station where most first-timers lose several minutes and collect no-reps.

The complete guide to HYROX compromised running

Hybrid Athlete Club · TRAIN

Why your fresh 5 km pace means little in a race, and how to train the run that starts with heavy legs. The single biggest lever for most amateur finish times.

VIDEO LIBRARY 2 OF 2

WATCH THE TECHNIQUE, THEN REHEARSE IT.

HYROX performance nutrition from inside the Elite 15

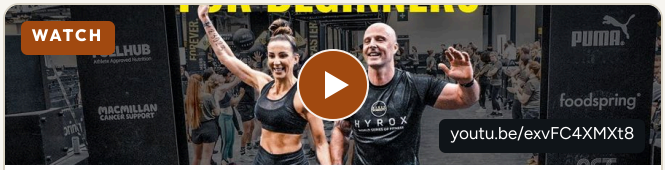
Rich Ryan · FUEL

A working look at how a professional fitness racer eats through a training block, not just on race morning. Useful context for the fueling protocol above.

The best carb strategy for CrossFit and HYROX

wod-science · FUEL

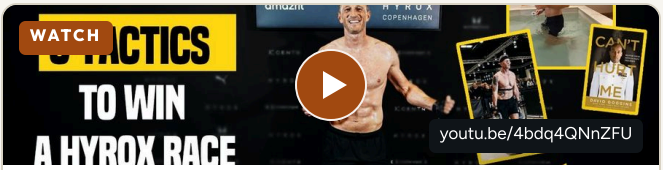
A research-literate walk through carbohydrate availability for hybrid athletes. Good companion viewing for the position stands in our reference list.



Do not burn out: how to pace yourself in HYROX

HYROX Workouts · MIND

A beginner-facing pacing walkthrough that matches how we coach first-timers: start slower than feels right, then earn the back half.



5 mental tactics that win HYROX races

The Rox Guys · MIND

Concrete in-race mental tools, not motivational noise. Watch it alongside the self-talk research in the reference list.

A HYROX pro explains the mistakes to avoid at every station

Rich Ryan · RECOVER

Station-by-station error catalogue. Most of these are recoverable minutes if you fix them in training rather than on the floor.

REFERENCES 1 OF 2

OFFICIAL STANDARDS AND PEER-REVIEWED SOURCES.

Numbering matches the superscript markers on the pillar pages and the reference list published on every HYROX page at crossfitbc.com. Every title and URL below is a live link. Last reviewed 2026-08-12.

1 **HYROX Singles Rulebook (current season)**
HYROX
The governing document for station order, distances, divisions, loads, and penalties. Every standard we publish is checked against this before it goes live.
maintain.hyrox.com/rulebooks/HYROX_RulebookSingles_EN.pdf

2 **HYROX: the race format**
HYROX
Official description of the 8 x 1 km run plus 8 workout station format used across every HYROX event worldwide.
hyrox.com/race/hyrox

3 **International Society of Sports Nutrition position stand: protein and exercise**
Journal of the International Society of Sports Nutrition · 2017-06-20 · PMID 28642676
Daily protein of roughly 1.4 to 2.0 g per kg of bodyweight supports training adaptation in active adults, spread across the day rather than loaded into one meal.
pubmed.ncbi.nlm.nih.gov/28642676

4 **International Society of Sports Nutrition position stand: nutrient timing**
Journal of the International Society of Sports Nutrition · 2017-08-29 · PMID 28919842
Total daily intake matters most, and carbohydrate and protein placed around hard sessions help refuel and repair when sessions are close together.
pubmed.ncbi.nlm.nih.gov/28919842

5 **A step towards personalized sports nutrition: carbohydrate intake during exercise**
Sports Medicine · 2014-05-01 · PMID 24791914
Carbohydrate needs scale with duration. Efforts around an hour need little to none, and longer or back-to-back work benefits from 30 to 60 g per hour.
pubmed.ncbi.nlm.nih.gov/24791914

REFERENCES 2 OF 2

OFFICIAL STANDARDS AND PEER-REVIEWED SOURCES.

6 **National Athletic Trainers' Association position statement: fluid replacement for the physically active**

Journal of Athletic Training · 2017-09-01 · PMID 28985128

Hydration is best managed by individual sweat loss rather than a fixed number, using bodyweight change across a session as the practical check.

pubmed.ncbi.nlm.nih.gov/28985128

7 **International Society of Sports Nutrition position stand: caffeine and exercise performance**

Journal of the International Society of Sports Nutrition · 2021-01-02 · PMID 33388079

Caffeine at roughly 3 to 6 mg per kg, taken about 60 minutes before, improves endurance and muscular endurance in most people. Response varies, so rehearse it in training.

pubmed.ncbi.nlm.nih.gov/33388079

8 **The effects of sleep extension on the athletic performance of collegiate basketball players**

Sleep · 2011-07-01 · PMID 21731144

Extending sleep improved sprint times, accuracy, reaction time, and mood. Sleep is the highest-leverage recovery tool available to an amateur racer.

pubmed.ncbi.nlm.nih.gov/21731144

9 **Talking yourself out of exhaustion: the effects of self-talk on endurance performance**

Medicine & Science in Sports & Exercise · 2014-05-01 · PMID 24121242

Trained motivational self-talk reduced perceived effort and extended time to exhaustion. Mindset is a rehearsable skill, not a personality trait.

pubmed.ncbi.nlm.nih.gov/24121242

10 **The training intensity distribution among well-trained and elite endurance athletes**

Frontiers in Physiology · 2015-10-27 · PMID 26578968

Successful endurance athletes spend the large majority of training at low intensity with a small dose of hard work. The same distribution keeps hybrid athletes healthy.

pubmed.ncbi.nlm.nih.gov/26578968

WHERE THIS LIVES

EVERY PAGE BUILT ON THIS EVIDENCE BASE.

These pages publish the same pillars, the same numbering, and the same sources you just read. Every line below is a live link.

· crossfitbc.com/programs/hyrox/
· crossfitbc.com/resources/hyrox-playbook/
· crossfitbc.com/resources/hyrox-survival-guide/
· crossfitbc.com/resources/hyrox-roadmap/
· crossfitbc.com/resources/protein-timing-hyrox/
· crossfitbc.com/resources/hyrox-pacing-calculator/
· crossfitbc.com/articles/hyrox-race-day-checklist/
· crossfitbc.com/articles/zone-2-for-hyrox-athletes/

SCAN FOR THE HUB

TRAIN IT WITH COACHES

READING IT IS STEP ONE. REHEARSING IT IS THE RACE.

CrossFit BC runs 16+ weekly HYROX classes, 4 of which are 90-minute SIM-ilar sessions on the full station order. Bring this pack to a coach and we will place it inside your week.

· HYROX at CFBC: crossfitbc.com/programs/hyrox
· Book a movement assessment: crossfitbc.com/free-trial
· Questions: info@crossfitbc.com · 604-683-2446
· 278 East 1st Avenue, Vancouver, BC V5T 1A6