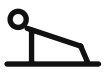
HYROX STATIONS AND WEIGHTS

All 8 stations, in race order. 2026/27 season.

1 KM RUN 1 km run before every station. 8 runs, 8 stations, same order at every race.

STATION		WOMEN	MEN + WOMEN PRO	MEN PRO
1	 **SKIERG** 1,000 m			NO WEIGHT
2	 **SLED PUSH** 50 m	102 kg	152 kg	202 kg
3	 **SLED PULL** 50 m	78 kg	103 kg	153 kg
4	 **BURPEE BROAD JUMPS** 80 m			NO WEIGHT
5	 **ROWING** 1,000 m			NO WEIGHT
6	 **FARMERS CARRY** 200 m	2 x 16 kg	2 x 24 kg	2 x 32 kg
7	 **SANDBAG LUNGES** 100 m	10 kg	20 kg	30 kg
8	 **WALL BALLS** 100 reps	4 kg	6 kg	9 kg

Sled weights include the sled.

Source: HYROX 26/27 rulebook.

Doubles use the same loads: Doubles Women use the Women column; Doubles Men and Mixed use the middle column; Doubles Men Pro use the right column.

MEN'S FITNESS ONLINE

mensfitnessonline.com.au/hyrox-stations-explained