DOUBLES

RACE PLAN

Choose your division and check its official loads before filling this in. Both partners run every segment together. This worksheet records your own plan; the example is not an optimal split or a predicted finish time.

ATHLETE A + ATHLETE B

EVENT / DIVISION

SHARED RUN EFFORT

OFFICIAL MAP / LAPS PER RUN

Station	Team work	Your division load	Blocks / first athlete	Switch cue / fallback
SkiErg	1,000 m			
Sled Push	50 m			
Sled Pull	50 m			
Burpee Broad Jumps	80 m			
Rowing	1,000 m			
Farmers Carry	200 m			
Sandbag Lunges	100 m			
Wall Balls	100 valid reps			

FALLBACK CUE / SHORTER LEGAL BLOCK

Check every load and total in your current Doubles rulebook. Changeover checklist on page 3.

REHEARSE THE PLAN

Illustrative work sharing only. Not measured athlete data, an optimal split or a finish-time prediction. Complete all official totals; adapt blocks to the pair.

Station	Example work blocks	Changeover reminder
SkiErg	A 250 m, B 250 m, A 250 m, B 250 m	At the monitor distance; no handle handover
Sled Push	A first 12.5 m lane; B next; repeat for four lanes	Full sled over line before changing direction
Sled Pull	A first 12.5 m lane; B next; repeat for four lanes	Whole sled crosses line; resting partner leaves rope alone
Burpee Broad Jumps	A first block, B next; rehearse block size	Incoming hands align with outgoing toes at landing
Rowing	A 250 m, B 250 m, A 250 m, B 250 m	Use handle holder; no partner equipment adjustments
Farmers Carry	A first block, B next; rehearse block size	Both bells together; never transfer them forward
Sandbag Lunges	A first block, B next; rehearse block size	No forward handover or unloading onto another surface
Wall Balls	A 10 valid reps, B 10; repeat to 100	Hand over or let ball reach floor; no flying catch-and-squat switch

STAY TOGETHER. SWITCH LEGALLY.

SET THE SHARED RUN

Record names, event, division and the official athlete-map lap count. Write a shared running effort both can sustain after stations; do not halve the run distance.

CHOOSE BLOCKS IN PRACTICE

Use practice results to choose the starting athlete and work blocks. Equal halves are not mandatory. If a block stops being controlled, agree a shorter legal block instead of ignoring movement standards.

ENTER + LEAVE TOGETHER

Enter and leave each station together. The resting partner stays standing and follows the station-specific waiting position. Do not pass SkiErg or rower handles to each other. At the rower, do not adjust the damper or footstraps for your partner.

RESPECT THE WAITING POSITION

The non-working partner stays behind on the sleds, Burpee Broad Jumps, carry and lunges, subject to each station's instructions. They must not obstruct another team; the sled-pull rope is handled only by the working athlete.

USE THE LEGAL HANDOVER

For Burpee Broad Jump changes, the incoming athlete places the hands where the outgoing athlete landed, with toes and fingers aligned. Kettlebells and sandbag may pass sideways or backwards, never forwards. A Wall Ball may be handed over or allowed to reach the floor; a flying change is a no-rep.

COMPLETE THE FULL TOTAL

Check target height for the working athlete, correct loads and the complete team total. Follow the judge's completion signal at the ergs and Wall Balls. Return equipment correctly before leaving.

Sources: HYROX Doubles 2026/27, sections 7.2-7.3 and 8.1-8.8. Checked 28 October 2026.
https://maintain.hyrox.com/rulebooks/HYROX_RulebookDoubles_EN.pdf