

HYBRID HOURS

FREE SAMPLE PREVIEW

The Hybrid Race-Day Playbook

Race-day strategy, pacing, and execution
for amateur hybrid racers.

**Training got you fit.
This gets you through race day.**

— Hybrid Hours

INSIDE THE FULL PLAYBOOK

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For Doubles Racers

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This preview shows three sample sections from the full playbook.

The Three Rules of Race Day

These three rules govern everything else in the playbook. If you forget every other detail, remember these.

RULE 1

Never win the first half at the expense of the second half.

A hybrid race is decided in the back half — burpee broad jumps onward. Wall balls do not care how fast you ran Run 1. Anyone can be a hero through Run 3. The athletes who finish strong are the ones who could have gone harder in the first half but chose not to.

RULE 2

Every station has a cost.

The cost of a station is not the time you spend there. It is the time it takes from the next two runs. A sled push you barely survived costs you the next several minutes. A wall ball set you forced unbroken at rep 60 costs you the final run.

RULE 3

Stay calm when the race stops feeling clean.

Around station 4 or 5, the race stops being aerobic. It becomes a sequence of small decisions made under fatigue. The athletes who finish well are the ones who already decided. The plan is the plan. Execute it.

Station 2 — Sled Push

WHAT IT FEELS LIKE

The first true gut-check. Legs burn within the first few meters. Lungs go second. By the second length, your form starts breaking.

BIGGEST MISTAKE

Treating the sled push as a strength test. It is not. It is a tax.

EXECUTION STRATEGY

Short, choppy steps. Hands low on the post. Shoulders driving forward and down, not up. Hips low. Drive with your legs, not your back. Plan short resets at the turnarounds — a few seconds, not many.

PACING NOTE

The cost of a hard sled push is paid by Run 3, the sled pull, and Run 4. A "fast" sled push you barely survive can cost you several minutes of execution later.

MENTAL CUE

"Protect the race."

EXIT

Walk the first stretch of Run 3 if you have to. Drop your shoulders. Get your breathing under control before you try to find a running rhythm. The goal of Run 3 is not speed. It is recovery in motion.

This is one of eight stations covered in the full playbook, each with the same repeating layout.

Decision Tree — If you go out too fast

WHAT'S HAPPENING

You ran Run 1 noticeably faster than planned. Your heart rate is climbing higher than expected before the Ski Erg.



DO THIS

Ease back on the Ski Erg. Let your heart rate come down. Run 2 at conversational effort, regardless of clock pressure.



DON'T DO THIS

Try to "make up" the next stations. The race is decided in the back half — your only job now is to not blow up.



NEXT BEST DECISION

Switch to Conservative Racer pacing for the rest of the race. You may lose some time against your goal. You will not lose much more.

This is one of eight decision trees in the full playbook — covering sled push collapses, grip failures, wall ball breakdowns, panic, no-reps, and dead legs before the final run.

RACE-DAY CHEAT SHEET

Print this. Tape it to your race bag. Review it before start.

TOP 10 RACE-DAY REMINDERS

1. Run 1 should feel boring. If it doesn't, slow down.
2. The sled is a tax, not a strength test. Pay it and move on.
3. Smooth beats frantic on burpee broad jumps.
4. Counted reps only on wall balls. No-reps cost more than rests.
5. Planned breaks beat desperate failure on farmer's carry and wall balls.
6. The race is decided in the back half. Don't win the first half at the expense of it.
7. Transitions are decided, not rushed.
8. Your watch is information, not motivation.
9. Hold pace, don't chase pace.
10. The plan is the plan. Don't change it because the race got hard.

STATION CUES

Ski Erg	→ <i>Long lever, slow rope.</i>
Sled Push	→ <i>Protect the race.</i>
Sled Pull	→ <i>Hips, not hands.</i>
Burpee Broad Jumps	→ <i>Distance, not height.</i>
Row	→ <i>Recovery in motion.</i>
Farmer's Carry	→ <i>Shoulders engaged. Steps short.</i>
Sandbag Lunges	→ <i>One step at a time.</i>
Wall Balls	→ <i>Counted reps only.</i>

PANIC RESET

Stop moving. Stand up. A few slow breaths in through the nose, out through the mouth. Look at one fixed point. "Hold pace, don't chase pace." Restart at controlled effort.

Sample version — full playbook includes the complete pacing system, all 8 station breakdowns, all 8 decision trees, pacing worksheet, and post-race debrief.

Get the full Hybrid Race-Day Playbook for \$47 launch price.

<https://hybridhours.com>