# HYROX ATHLETE PROFILE:

This questionnaire consists of 30 questions about the HYROX discipline and is intended to collect information for a Master's thesis. This questionnaire lasts approximately 4 - 6 minutes. The personal information collected in this study will be handled in a confidential and protected manner, complying with the security standards set out in the Regulation (EU) 2016/679 and the Organic Law 3/2018 on Personal Data Protection and guarantee of digital rights. Your participation is completely voluntary, but your help will be of great value for the development of this study. We thank you in advance for your time and collaboration - thank you for participating! If you have any questions, you can send an email to the following address: paulavillarroellopez@gmail.com

1. Sex
   - o Male
   - o Female
   - o I do not identify with any of the above

2. Age

3. What kind of physical exercise did you practice before HYROX?

More than one option can be selected

   - o Individual endurance sports: long-distance swimming, long-distance running, triathlon...
   - o Individual sports of short duration: speed swimming, sprinting, jumping, combat sports, skating, gymnastics...
   - o Collective sports (soccer, handball...) or racquet sports (tennis, paddle tennis...)
   - o Gym training, CrossFit, Powerlifting, Powerlifting
   - o Physical activity (walking or similar)
   - o He did not practice any other sport

4. How long have you been training HYROX?

Answer the total time in months

5. How many HYROX competitions have you participated in?

6. Do you have experience in competitions similar to HYROX?

More than one option can be selected

   - o Crossfit
   - o Spartan Deka (Functional fitness challenge designed to measure your physical performance through standardized testing. Evaluates endurance, strength and athletic ability through functional exercise zones such as pushing, pulling and lifting).
   - o Steeplechase (Spartan Race, Farinato Race, Templar Race...)
   - o I have never competed in any similar competition
   - o Other

7. What is the best time you have ever achieved in HYROX competition?

Response format: hours-minutes-seconds

8. What is your shortest time in competition in the Roxzone?

Roxzone: area of a HYROX competition located between the running track and the functional exercise stations

9. How many days a week do you train?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|

10. Do you do more than one training session per week?

Morning-afternoon session or two sessions in the morning/afternoon (running session and gym session or vice versa) ...

- o Yes
- o No

11. If you do more than one training session, how often per week do you do it?

Only answer if you have answered yes in the previous question.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|

12. Generally, what is the total duration (including warm-up and cool-down) of your sessions in a training day?

If you do a double session, add both durations.

- o < 1 hour
- o 1 hour - < 1 hour and a half
- o 1 hour and a half - 2 hours
- o > 2 hours

13. How many sessions per week do you perform isolated strength training?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|

14. How many isolated running sessions do you do per week?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|

15. How many sessions per week do you perform situations that simulate competition?

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|

16. How many hours do you usually sleep per day?

17. On training rest days; are the breaks active (may include activities such as walking, gentle stretching, relaxed swimming...) or passive (no physical activity of any kind)?

- o Assets
- o Liabilities

18. In the event that your days off are active, what kind of activities do you do?

Only answer if in the previous question you answered that your breaks are active.

19. Do you use any recovery strategies? If so, what recovery strategies do you usually use (stretching, cryotherapy [therapy based on the use of low temperatures], massage...)?

Indicate yes or no and which (if yes)

20. What do you think is your ability to recover between exercises involving different capacities?

1 being very negative and 5 being very positive

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

21. Have you suffered any injuries related to HYROX training? If yes, which one?

We understand injury as any discomfort that prevents us from training normally.

22. What is your maximum repetition (1RM) in a barbell full squat?

- Less than your body weight
- Equal to your body weight
- Between your body weight and 1.5 times your body weight
- More than 1.5 times your body weight

23. What is your maximum repetition (1RM) in bench press?

- Less than 50% of your body weight
- 50-75% of your body weight
- 76-100% of your body weight
- More than your body weight

24. What is the best time in a 1 km race in a HYROX competition?

Add your answer in minutes and seconds format

25. What weight can you push on a functional sled for 20 minutes without stopping?

In an isolated situation (not in competition)

26. How many full burpees can you perform in 1 minute?

Number of repetitions in isolated situation (not in competition)

- Less than 20
- 20-29
- 30-39
- 40 or more

27. What weight can you carry in each hand while walking for 30 meters?

In an isolated situation (not in competition)

- Less than 25% of your body weight
- 25-34% of your body weight
- 35-44% of your body weight
- 45% or more of your body weight

28. How do you feel about participating in competitions that combine several physical abilities?

Point out psychological factors, such as: motivated, stress, anxiety, concentration, etc.

29. What are your objectives regarding your participation in the HYROX discipline?

30. How do you evaluate your competitive progress since you started training for HYROX?

1 being very negative and 5 being very positive

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |