

AIA HYROX Singapore 26-29 Nov: Schedule, Check-In, Fuelling Tips

Description

default watermark

AIA HYROX Singapore runs from Thursday 26 to Sunday 29 November 2026 at Singapore EXPO, and the race format is simple: eight 1km runs, each followed by a workout station. Racers can go solo, in doubles or as a relay of four. Spectators are welcome too, and AIA offers participants and spectators complimentary accident cover under Protect 360 (terms apply).

If you are signed up, the next few days matter more than another hard session. Here is what the organiser has confirmed, and how HealthHubâ??s sports nutrition advice fits around it.



Source: HYROX (photo from a past HYROX event)

What an AIA HYROX Singapore race involves

Each athlete runs 1km, hits a station, then repeats that eight times. HYROX lists the stations as SkiErg, sled push, sled pull, burpee broad jumps, rowing, farmers carry, lunges and wall balls. Divisions include Open, Pro, Doubles, Relay, Corporate Relay and adaptive categories for men and women.

Start waves begin at 8am on all four days. A few examples from the provisional schedule, which can change:

- Thursday 26 November: Men Open from 8am, Doubles Mixed from 5.10pm
- Friday 27 November: Men Open from 8am, Men Pro from 9.50am, Corporate Relay from 5.20pm
- Saturday 28 November: Men Open from 8am, Doubles Mixed from 11.30am, Relay from 6pm
- Sunday 29 November: Doubles Women Open from 8am, Women Open from 11.20am, Relay Mixed from 6.20pm

Your personal start time is posted about three days before your race, and HYROX says start time changes are not permitted.

Check-in dates, venue and parking

Thursday racers can collect their race kit early. Check-in is on Tuesday 24 November from 11am to 7pm at the Puma Store, VivoCity (1 HarbourFront Walk), or on Wednesday 25 November from 2pm to 8pm at Singapore EXPO. Everyone else registers at EXPO on race day, and you must bring ID because nobody can check in on your behalf.

default watermark

Your wristband only gets you into the venue on your own race day. Any other day, you need a spectator ticket. Singapore EXPO is at 1 Expo Drive, Singapore 486150, and car parking costs S$1.80 for the first hour, S$1.80 for the second hour and S$1.50 for every subsequent 30 minutes or part thereof, with no daily cap.



Source: HYROX

Fuelling and hydration before race day

HealthHub, run by the Health Promotion Board, has a sports nutrition page (last reviewed 27 June 2025) that suits this kind of event. Its main points:

- Eat a carbohydrate-rich meal or snack one to four hours before you start, and hydrate fully
- Weigh yourself before and one hour after training to see how much fluid you lose, then drink that amount in portions every half hour next session
- Water is fine for sessions under 60 minutes; longer or high-intensity efforts may call for a sports drink with carbohydrates and a little sodium

- After exercise, replace fluid and refuel with carbohydrates and protein, ideally soon after
- Test any change in food or drink in training, not on race day

HYROX says there is a hydration station on the course, but there is no price or brand list on the event page, so bring what you have trained with. Our guide on what to eat before and after a workout covers timings in more detail, and the heat exhaustion and heat stroke article explains the warning signs to watch for in Singaporeâ??s heat.

default watermark

AIA

RACE WITH CONFIDENCE WITH AIA PROTECT 360

default watermark

SIGN UP FOR FREE COVERAGE



Source: HYROX and AIA

Deals and extras worth checking

AIAâ??s complimentary Protect 360 cover is for Singapore residents aged 18 to 65, and it covers accidental injuries; sign-up details come with your ticket and registration email. Grabâ??s PayLater offer gives 10% off tickets (minimum S$100 spend, capped at S$12) when you choose to pay next month or in instalments. Paying in full now gives 5%, capped at S$6, and the promo is valid to 27 November 2026 while redemptions last.

HYROX also lists a flex add-on for athletes who want refund or name-change options. Tickets bought within six weeks of an event cannot take the full refund add-on, so read the terms before you pay.

Before you warm up on the day, run through the warm-up and cool-down guide, and keep a note of how to handle cramps while running if a long run leg has caught you out before. If you feel unwell during any station, stop and tell the race staff. Ticket prices are on the HYROX booking page, not the event page, so check there for the latest figures.

default watermark

Date Created
23/11/2026
Author
jadeyeo