



VILAFLOR HERO HYBRID RACE

10 OCTUBRE



VILAFLOR DE CHASNA CAMPO DE FÚTBOL MUNICIPAL EL SALGUERO

8 KM RUNNING 10 WORKOUTS ALTERNADOS

OFFICIAL RULES

HERO HYBRID RACE VILAFLOR

El Salguero football field · Vilaflor de Chasna · Tenerife



10 October 2026



El Salguero · Vilaflor



From 40 €



Elite · Open · Initial ·
Pairs

8 KM + 10 WOD

Running and workouts alternated

Hybrid outdoor race: 10 sets of 800 m alternated with 10 workouts.
Minimum age 16 · Registration online only.

CONTENTS OF THESE RULES

-  The event, concept and conditions of participation
-  Categories, registration, ranking and awards
-  Exercise breakdown by category (workouts)
-  The competition: workouts, running and referees
-  Equipment, event organization and penalties
-  Conduct, cancellation, image rights and data protection

ORGANIZED BY
canaryrun

IN COLLABORATION WITH
Vilaflor de Chasna Town Council · Spring in Motion · Zon Omni

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Timing and results
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Concept and participation



1 · The event

The race will take place at the El Salguero football field (Vilaflor de Chasna / Tenerife) on 10 October 2026.



2 · Concept

HERO HYBRID RACE is a hybrid outdoor race combining 10 workouts and 8 kilometres of running in an alternating format. It starts with an 800-metre run followed by a workout, repeating the sequence until completing 10 sets of 800 m and 10 workouts.

To finish, participants must complete the workouts and the running in a set order. The workouts are the same for everyone (ELITE, OPEN, TEAMS); repetitions and weight vary by category. The running distance is the same for all: 800 m after each workout, a total of 8 km.



2 · Concept (rankings)

Each athlete appears in the general ranking of their category, ordered from fastest to slowest time; the fastest is the winner.

In addition, an age-group ranking is drawn up within each category, so there is a winner (or pair) in the general classification and in each age group. Pairs are split into female, male and mixed, with no age-group breakdown.

The final time may be modified if the athlete receives a penalty during the race.



3 · Conditions of participation

HERO HYBRID RACE is an open competition in which anyone can take part without prior qualification.

The minimum age is 16 on the day of the competition. Registrants may only sign up through the event website.

All participants must accept the terms, conditions and rules of participation.

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Categories and ranking system



4 · Categories

ELITE, OPEN, INITIAL and PAIRS.

Pair categories differ from one another in sex, repetitions and/or weight: a) Male b) Female c) Mixed.



4.1 · Pairs

The running distance is the same for all divisions: each participant runs 800 m before every workout, up to a total of 8 km and 10 workouts. Participants start in waves made up of athletes from their own category.

4.3 · Registration periods and price changes

DATES	INDIVIDUAL (INITIAL, OPEN & ELITE)	PAIRS (GROUP PRICE)
Until 31/08/2026 23:59	40.00 €* [*]	80.00 €* [*]
Until 30/09/2026 23:59	45.00 €* [*]	90.00 €* [*]
Until 04/10/2026 23:59	50.00 €* [*]	100.00 €* [*]



*Plus 0.60 € registration platform handling fee.



Permitted changes: change of athlete's name (same category, same gender and same event) and change of event —from open to elite or vice versa— (same category, same gender and same athlete, provided places are available). No refunds; the change has a cost of 5 €.

Ranking and awards



4.3 · Ranking system

Results are ordered from fastest to slowest time. For each event there will be a general classification per category and a classification for each age group, with multiple podiums per category.

Any incomplete lap, poorly executed repetition or failure to meet the movement standards will incur a penalty.



4.4 · Awards · Elite & Open

ELITE: 1st, 2nd and 3rd Male and Female with the best times (once all penalties and sanctions have been verified).

OPEN: 1st, 2nd and 3rd Male and Female with the best times, plus 1st, 2nd and 3rd by age group: 16-26, 27-37, 38-48, 49-59 and 60+ years (male and female).



4.4 · Awards · Initiation

1st, 2nd and 3rd Male and Female with the best times (once all penalties and sanctions have been verified).

1st, 2nd and 3rd by age group: 16-26, 27-37, 38-48, 49-59 and 60+ years (male and female).



4.4 · Awards · Teams

FEMALE TEAMS: 1st, 2nd and 3rd female team with the best times.

MALE TEAMS: 1st, 2nd and 3rd male team with the best times.

MIXED TEAMS: 1st, 2nd and 3rd mixed team with the best times. (Once all penalties and sanctions have been verified.)

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Individual · Elite

Weights, repetitions and distances of each workout by category. Between each workout, athletes run 800 m (8 km in total). Any execution that deviates from the movement standards, is unusual or provides a time advantage will be counted as an invalid repetition or a penalty.

	ELITE (M)	ELITE (F)
Start	800 m run	800 m run
Workout 1	Wall balls: 9 kg / 60 reps + 800 m run	Wall balls: 6 kg / 60 reps + 800 m run
Workout 2	Sled push 80 kg/100 m · Sled pull 80 kg/100 m + 800 m run	Sled push 60 kg/100 m · Sled pull 60 kg/100 m + 800 m run
Workout 3	Farmer carry wheel: 100 m + 800 m run	Farmer carry wheel: 100 m + 800 m run
Workout 4	Sandbag carry: 20 kg/100 m + 800 m run	Sandbag carry: 10 kg/100 m + 800 m run
Workout 5	Explosive lunges: 50 reps (50 per leg) + 800 m run	Explosive lunges: 50 reps (50 per leg) + 800 m run
Workout 6	Burpee box jump: 30 reps + 800 m run	Burpee box jump: 30 reps + 800 m run
Workout 7	Hammer strike: 60 reps (30 per arm) + 800 m run	Hammer strike: 40 reps (20 per arm) + 800 m run
Workout 8	Push-ups: 75 reps + 800 m run	Push-ups: 75 reps + 800 m run
Workout 9	Jump rope: 100 reps + 800 m	Jump rope: 100 reps + 800 m
Workout 10	Sit-up: 10 kg / 75 reps	Sit-up: 5 kg / 75 reps

Individual · Open

	OPEN (M)	OPEN (F)
Start	800 m run	800 m run
Workout 1	Wall balls: 9 kg / 40 reps + 800 m run	Wall balls: 6 kg / 40 reps + 800 m run
Workout 2	Sled push 60 kg/50 m · Sled pull 60 kg/50 m + 800 m run	Sled push 40 kg/50 m · Sled pull 40 kg/50 m + 800 m run
Workout 3	Farmer carry wheel: 50 m + 800 m run	Farmer carry wheel: 50 m + 800 m run
Workout 4	Sandbag carry: 20 kg/50 m + 800 m run	Sandbag carry: 10 kg/50 m + 800 m run
Workout 5	Explosive lunges: 30 reps (30 per leg) + 800 m run	Explosive lunges: 20 reps (20 per leg) + 800 m run
Workout 6	Burpee box jump: 20 reps + 800 m run	Burpee box jump: 20 reps + 800 m run
Workout 7	Hammer strike: 40 reps (20 per arm) + 800 m run	Hammer strike: 30 reps (15 per arm) + 800 m run
Workout 8	Push-ups: 50 reps + 800 m run	Push-ups: 50 reps + 800 m run
Workout 9	Jump rope: 100 reps + 800 m run	Jump rope: 100 reps + 800 m run
Workout 10	Sit-up: 10 kg / 50 reps	Sit-up: 10 kg / 50 reps

Individual · Standard / Initiation

	STANDARD (M)	STANDARD (F)
Start	800 m run	800 m run
Workout 1	Wall balls: 9 kg / 20 reps + 800 m run	Wall balls: 6 kg / 20 reps + 800 m run
Workout 2	Sled push 40 kg/25 m · Sled pull 40 kg/25 m + 800 m run	Sled push 40 kg/25 m · Sled pull 40 kg/25 m + 800 m run
Workout 3	Farmer carry wheel: 25 m + 800 m run	Farmer carry wheel: 25 m + 800 m run
Workout 4	Sandbag carry: 10 kg/50 m + 800 m run	Sandbag carry: 10 kg/50 m + 800 m run
Workout 5	Lunges: 30 reps (30 per leg) + 800 m run	Lunges: 30 reps (30 per leg) + 800 m run
Workout 6	Box jump: 20 reps + 800 m run	Box jump: 20 reps + 800 m run
Workout 7	Hammer strike: 20 reps (10 per arm) + 800 m run	Hammer strike: 20 reps (10 per arm) + 800 m run
Workout 8	Push-ups: 20 reps + 800 m run	Push-ups: 20 reps + 800 m run
Workout 9	Jump rope: 50 reps + 800 m	Jump rope: 50 reps + 800 m
Workout 10	Sit-up: 30 reps	Sit-up: 30 reps

Pairs · Male and Female

	PAIRS (M)	PAIRS (F)
Start	800 m run	800 m run
Workout 1	Wall balls: 9 kg / 60 reps + 800 m run	Wall balls: 6 kg / 60 reps + 800 m run
Workout 2	Sled push 80 kg/50 m · Sled pull 80 kg/50 m + 800 m run	Sled push 60 kg/50 m · Sled pull 60 kg/50 m + 800 m run
Workout 3	Farmer carry wheel: 100 m + 800 m run	Farmer carry wheel: 100 m + 800 m run
Workout 4	Sandbag carry: 20 kg/100 m + 800 m run	Sandbag carry: 20 kg/100 m + 800 m run
Workout 5	Explosive lunges: 50 reps (50 per leg) + 800 m run	Explosive lunges: 50 reps (50 per leg) + 800 m run
Workout 6	Burpee box jump: 30 reps + 800 m run	Burpee box jump: 30 reps + 800 m run
Workout 7	Hammer strike: 40 reps (20 per arm) + 800 m run	Hammer strike: 20 reps (20 per arm) + 800 m run
Workout 8	Push-ups: 50 reps + 800 m run	Push-ups: 50 reps + 800 m run
Workout 9	Jump rope: 100 reps + 800 m	Jump rope: 100 reps + 800 m
Workout 10	Sit-up: 50 reps / 10 kg	Sit-up: 50 reps / 5 kg

Pairs · Mixed

MIXED PAIRS

Start	800 m run
Workout 1	Wall balls: 9 kg / 60 reps + 800 m run
Workout 2	Sled push 80 kg/50 m · Sled pull 80 kg/50 m + 800 m run
Workout 3	Farmer carry wheel: 100 m + 800 m run
Workout 4	Sandbag carry: 20 kg/100 m + 800 m run
Workout 5	Explosive lunges: 50 reps (50 per leg) + 800 m run
Workout 6	Burpee box jump: 30 reps + 800 m run
Workout 7	Hammer strike: 40 reps (20 per arm) + 800 m run
Workout 8	Push-ups: 50 reps + 800 m run
Workout 9	Jump rope: 100 reps + 800 m
Workout 10	Sit-up: 50 reps / 10 kg

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Workouts, running and referees

4.2 Movement standards: any execution that deviates from the standards, is unusual or uncommon, or results in a time advantage will not be accepted and will lead to an invalid repetition or a time or distance penalty.



5 · The competition (doubles)

HERO HYBRID RACE DOUBLES is a team competition of two people: two men, two women or one man and one woman. It consists of an 800 m run followed by a workout, repeated 10 times.

To receive a valid finishing time, the running kilometres and the workouts must be completed in the designated order (run, workout, run, workout...) up to 8 km and 10 different workouts. Both team members must complete the 8 km; the workouts may be completed in a combined effort.



5.1 · Workouts (You Go I Go)

The workouts follow the "You Go I Go" principle: one member works while the other rests, and vice versa. Only one is active at a time. There is no fixed distance or number of repetitions per person and they may swap as many times as needed; both may rest at the same time.

The workout is complete once the entire distance or all repetitions have been done. They are completed in the set order, meeting the standards, starting and finishing at the marked points.



5.2 · Running

Both members of the pair must run together at all times during the 800 m before each workout. If one runs at a faster pace, a 3-minute penalty applies, as it disrupts the timing system.

Both must enter the next station together and be present to start the workout; when finished, they leave the station at the same time. The running distance is always 800 metres.



5.3 · Referees

At each workout, a referee ensures that everyone completes the workout correctly and safely, meeting the movement standards.

The referee is supported by the race director, who oversees all sporting aspects of the competition and has the final say on all judging matters.

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Clothing, accessories and aid stations



6.1 · Permitted accessories

Attire is up to each participant, provided it is sports-appropriate and includes no prohibited accessories. Participants may not receive any accessory from outside people during the competition: they must start with them from the start line.

Permitted: knee pads, gloves, weightlifting belt, wrist wraps and hydration systems (vests).



6.2 · Non-permitted accessories

Not permitted: headphones, weightlifting straps and mobile phones.



6.3 · Aid stations

During the race, water and isotonic drinks will be available in the Transition Zone for all athletes. There will be aid stations both during the race and at the finish.

Athletes may carry as many isotonic drinks, water or gels as they wish, provided they carry them from the start; they may never receive or take anything from outside. Doing so may lead to sanctions and/or disqualification.

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Race-day areas



7.1 · Check in

On arrival at the venue, the participant registers to receive the kit: timing chip, T-shirt and start number. They must present an official ID document (national ID or passport) and the registration confirmation with the QR code shown at the top left of the receipt.

The chip is fastened with velcro on the ankle (left or right). Timing is only valid if the chip is on the ankle, and it is the participant's responsibility to fit it correctly. When crossing the finish line, the participant must hand the chip to the competition staff.



7.2 · Changing rooms and bag drop

Participants will have changing rooms and a bag-drop service where they may leave a single bag.



7.3 · Warm up

All participants will have a designated warm-up area with the competition equipment and other material.



7.4 · Start zone

15 minutes before the start, participants must report to the pre-start zone and their wave will be announced on site.

10 minutes before the start, participants will be guided to the Start Zone, where they will join a guided warm-up ending two minutes before the start time.

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Time and distance penalties



8.1 · Time penalty

Incorrect workout order: workouts must be completed in the set order. If one is completed in the wrong order, it must be redone before the end; at the finish this is penalised with 3 minutes. If the order of more than one workout is altered, the participant is automatically disqualified.

Incomplete laps or workout: if the correct number of laps is not run (2 after each workout), a 5-minute penalty per lap applies, cumulative (×5 min per error). Each incomplete workout adds 5 minutes to the final time.

An 800 m run or a workout not performed means disqualification. Wrong entry and exit (leaving through the entry arch or entering through the exit arch): 1-minute penalty.



8.2 · Distance penalty

May be applied on the run and in any workout. They depend on the workout and range between 5 and 10 metres.

Decisions are made by any referee after consulting the JUDGE. In each workout (except Wall Balls) there will be a first warning if a movement standard is breached; on the second warning the repetition is not counted and the corresponding penalty applies. Any further warning entails a new penalty.

Conduct, cancellation and image rights



9 · Rules of conduct

Fair play and general behaviour will be closely monitored by judges and staff. The following must prevail: respect for rivals, judges and staff; always competing with sportsmanship; and always helping.

Anything unsporting will be penalised or disqualified, with no refund. Unsporting conduct includes: cheating or attempting to cheat for one's own benefit; obstructing a rival in bad faith; and disputes or fights with the organization or other participants.

All participants undertake to compete fairly and honourably.



10 · Cancellation of participation

Once registration has been completed, no refund of the amount will be made under any circumstances.

To change distance, the participant will do so themselves by accessing the private area of the event website with their email and locator number.



11 · Image rights

The image rights arising from participation belong to the organization, which reserves the right to use them for journalistic or promotional purposes and to assign them to sponsors.



12 · Data protection

By registering, participants consent to the automated processing of their personal data for sporting, promotional or commercial purposes.

In accordance with Organic Law 3/2018 of 5 December, the participant may access these files to rectify or cancel their content in whole or in part, by written request to info@canaryrun.com.

Registrants expressly assign the right to reproduce their name and surname, ranking, category and image.

Amendments and bibs



13 · Amendments

These rules may be amended at any time at the organization's discretion.



Bib collection and schedule

All schedules can be consulted on the official website once the organization determines the place and time of bib collection.

Correct accreditation ensures proper participation via the chip that tracks time and ranking. Your registration details (name, surname, ID, passport or NIE) must match your documentation to guarantee insurance coverage during the competition.

Ready for your HERO HYBRID RACE?

8 km running · 10 workouts · alternated · 10 October 2026 · Vilaflor de Chasna.

Register at canaryrun.com · Organized by: canaryrun.

In collaboration with: Vilaflor de Chasna Town Council, Spring in Motion and Zon Omni.