CHALLENGE YOURSELF

TOUGH MUDDER
5K

TOUGH MUDDER
HALF

TOUGH MUDDER
FULL

TRAINING GUIDE
YOUR TOUGH MUDDER JOURNEY STARTS HERE.

Forget fitness levels. Whether you’re an occasional gym-goer or a seasoned couch potato, we’ve got a Tough Training Guide designed for your specific needs.

Training for an event can seem daunting. But don’t worry - you don’t need to run marathons, have a six-pack, a twelve-pack or any pack really. All you need to is mental strength, a hefty helping of stamina, and some committed teammates determined to see it through. Even if you’re rocking the course solo, from the moment you step foot on the course, Mudder Nation will have your back.

In that spirit and to help you finish strong, we’ve put together a 3-month training guide peppered with plenty of fun that’ll have you as ready as can be when you step to the start line. All, some, just a few - however many exercises you can get through, your body will thank you in the end.

GET TOUGH, STAY TOUGH:

✓ The fun lasts longer than the pain.
✓ Don’t think. Fearlessness is your friend.
✓ Nerves are part of the experience. Own yours.

HIGH-INTENSITY INTERVAL TRAINING:

Combining explosive exercise with short periods of rest is exactly what the course is about. Aside from helping you achieve Superman-like strength, HIIT workouts continue to burn calories long after you hit the showers.

HOW TO USE THE GUIDE:

There’s a big difference between running a 5K and a full 10 mile course - train accordingly.

Tough Mudder Full - Complete 3 Months
Tough Mudder Half - Complete 2 months
Tough Mudder 5K - Complete 1 month

OTHER WAYS TO TRAIN:

• Join live Wednesday workouts on Facebook from Tough Mudder Bootcamp hosted by top trainers.
• Workout in under 10 minutes anywhere, anytime with one of the quick HIIT circuits on our YouTube training playlist.
3 MONTHS TO GO

WELCOME, MUDDER
Congrats on joining Mudder Nation and taking the first step on your Tough Mudder journey. Follow this Tough Training Guide and you’ll be start (and finish) line ready in no time.

WEEK 1

CONDITIONING
4 min. circuit:
15x Squats
15x Push Ups
2 min. rest
4 min. circuit:
10x Burpee
30x Jump Rope
2 min. rest
4 min. circuit:
10x Push Ups
10x Tuck Jump

REST
Music makes the body move. Perfect that workout playlist.

CONDITIONING
20-16-12-8-4 reps:
Squats
Push Ups
Russian Twists

REST
Ditch the gym. Hit the trail.

CONDITIONING
18-15-12-9-6
Jump Squats
Sit Ups

REST
Go for a joy ride. Crank some tunes.

WEEK 2

CONDITIONING
13 minutes to complete as many rounds of the circuit as possible:
12x Push Ups
12x Pull Ups
200m Sprint

REST
Pick up a book and flex your brain muscle.

STRENGTH
Using an odd object or weight, do 20-30 squats holding the weight close to the body.

CONDITIONING
4 Rounds as fast as possible:
10x Jump Squats
10x Burpees
10x Bicycle Crunches

REST
Finish that thing that’s been on your To-Do list for 2 years.

REST
Mental health day. Come up with the best costume on course.

CONDITIONING
13 minutes to complete as many rounds of the circuit as possible:
12x Push Ups
12x Pull Ups
200m Sprint

REST
Run 1.5 miles. Every 3 minutes, stop to do 5 Push Ups and 5 Lungees on each leg.

REST
Take the single greatest nap the world has ever seen.
3 MONTHS TO GO

WEEK 3

CONDITIONING
4 Rounds for time:
20x Squat Jumps
15x Push Ups
Run 100m

REST
Try something new today, like yoga. Ohmmm.

CONDITIONING
12 minute circuit:
10x Jumping Jacks
10x Push Ups
10x Jump Lunges

REST
Pick up a book, learn something new.

CONDITIONING
Set a clock for 30 minutes. Run 1:00 at a good pace and then walk for 30 seconds. Repeat until time is up.

REST
Cook something hearty for the week. Meal prep is the key to progress.

WEEK 4

CONDITIONING
20-15-10-5
Mountain Climbers
Jumping Lunges
Flutter Kicks

REST
Go for a long walk.

CONDITIONING
15 minute circuit:
8x Jump Lunges
10x V Ups
15x Bench Dips

REST
Mental rest day. Find some Zen.

CONDITIONING
With a partner:
Complete 5 rounds for time and rounds:
Partner 1) Run 400m
Partner 2) Max reps of:
V Ups
Push ups
Air Squats
A round is complete when both partners have completed the run.

REST
Try that old hobby you used to love so much.

REST
Go explore nature with a 2 mile hike.

Live Fit with CELSIUS. Gear up with MERRELL. Fuel training and recovery with KILL CLIFF.
**2 MONTHS TO GO**

**DON’T STOP BELIEVIN’**
Event day is just two short months away. Pop on that playlist and get that body movin’. Don’t let the couch win.

### CONDITIONING

**WEEK 1**

<table>
<thead>
<tr>
<th>12 minute circuit: 10x Push Ups 20x Burpees 20X Mountain Climbers</th>
<th>4x 800m Repeats.</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Rest ½ the time it took you to run.</td>
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<td>Prep healthy meals for the week ahead.</td>
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</tbody>
</table>

### REST

- Stretch. It feels so good. We promise.
- Stretch. Stay mobile, stay healthy.
- Prep healthy meals for the week ahead.
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### REST

Try whipping up a healthy smoothie...like this.

- Cook a healthy dinner.
- Soak up some sun. Sip a brew or book a vacation.
- Speedwalk or jog for 20 minutes.

### CONDITIONING

- 5 Rounds as fast as possible: 9x Box Jumps or Step Up 8x Slam ball
- 80x Jump Rope 20x Sit Ups 15x Squats
- 12 minute circuit: 10x Push Ups 20x Burpees 20X Mountain Climbers
- 4x 800m Repeats.
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### CONDITIONING

- 4 Rounds of the following circuit: 30 Jumping Jacks 20 Squats 30 High Knees 20 Sit Ups 30 Tuck Jumps 20 Reverse Lunges 30 Mountain Climbers Rest 3:00
- 12 minute circuit: 10x Push Ups 20x Burpees 20X Mountain Climbers
- 4x 800m Repeats.
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### REST

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### CONDITIONING

- Perform as many repetitions of the following movements in 12 minutes: Squat Jumps Banded Pull Ups (Begin with 1 rep of each, then 2 reps of each, 3 reps of each, and so on until the 12 minute mark.)
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### REST

- Cook a healthy dinner.
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### CONDITIONING

- Fuel training and recovery with **Kill Cliff**
- Gear up with **Merrell**
- Live Fit with **Celsius**
2 MONTHS TO GO

WEEK 3

CONDITIONING
- Run 400m
- 20x Push Ups
- Run 800m
- 40x Squats
- 400m Run
- 20x Bench Dips

REST
Mental rest day.

CONDITIONING
- 18-15-12-9-6
- Jump Squats
- Sit Ups

REST
Try that old hobby you used to love so much.

CONDITIONING
- Jog 1 mile.

CONDITIONING
- 4 rounds
- 1 Minute at each station:
- 10m Sprint
- Burpees
- Air Squats
- Bicycle Crunches
- 1 min. rest

REST
Phone a friend and catch up for 30 minutes. Build your Mudder team.

WEEK 4

CONDITIONING
- Set a timer for 45 minutes.
- Run as far as you can in that time. Stop every 5 minutes, perform 6 Push Ups and 12 Mountain Climbers.

REST
Research healthy dinner recipes.

CONDITIONING
- 4 Rounds of the following circuit:
- 30 Jumping Jacks
- 20 Squats
- 30 High Knees
- 20 Sit Ups
- 30 Tuck Jumps
- 20 Reverse Lunges
- 30 Mountain Climbers
- Rest 3:00

REST
Work on mobility in a yoga class.

CONDITIONING
- 5 Rounds as fast as possible:
- 10x Jump Lunges
- 10x Burpees

REST
Stroll the local book store and learn about something new.

CONDITIONING
- Find some hills and do 30 minutes of cardio. Enjoy the fresh air.

Live Fit with CELSIUS. | Gear up with MERRELL. | Fuel training and recovery with KILL CLIFF.
1 MONTH TO GO

IT'S TIME TO GO
You're one month from the starting line. Time to focus in.
Take your training to the next level and hit event day in (mostly) peak condition.

**WEEK 1**

**CONDITIONING**
With a partner:
- 10 Partner Sit Ups
- 12 Planked Hand Claps
then run 400m together
Rest 20 and repeat for 5 rounds

**REST**
- Take a walk. Stop to smell a flower or two.
- Brainstorm your team name.

**CONDITIONING**
3 sets of 5 minutes of work:
- 10 Squats
- 10 Push Ups
- 10 Sit Ups

**REST**
- Google your event. Envision awesome.

**CONDITIONING**
4 rounds
1 Minute at each station:
- 10m Sprint
- Air Squats
- Bicycle Crunches
- 1 min. rest

**REST**
- Watch a movie with your team. Our favorite: Guardians of the Galaxy.
- Stretch. It’s the key to staying fit.

**CONDITIONING**
- 8x 400m Run Rest 1 min.
- focus on your pacing. Try and match your last 400 to the pace of the first.

**REST**
- Take a walk. Stop to smell a flower or two.
- Mental health day. Smile.

**CONDITIONING**
10 Minute circuit:
- 10x Mountain Climbers
- 15x Jump Squats
- 20x Sit Ups

**REST**
- Brainstorm your team name. Our favorite: Guardians of the Galaxy.
- Google your event. Envision awesome.

**CONDITIONING**
3 sets of 5 minutes of work:
- 10 Squats
- 10 Push Ups
- 10 Sit Ups

**REST**
- Meal prep healthy lunches for next week.
- Jog 1 mile.

**WEEK 2**

**CONDITIONING**
- 8x 400m Run Rest 1 min.
- focus on your pacing. Try and match your last 400 to the pace of the first.

**REST**
- Take a walk. Stop to smell a flower or two.
- Mental health day. Smile.

**CONDITIONING**
- 12 Partner Sit Ups
- 12 Planked Hand Claps
then run 400m together
Rest :20 and repeat for 5 rounds

**REST**
- Meal prep healthy lunches for next week.
- Jog 1 mile.

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3 sets of 5 minutes of work:
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**REST**
- Meal prep healthy lunches for next week.
- Jog 1 mile.
1 MONTH TO GO
You’re almost there. Don’t stop now.

WEEK 3

CONDITIONING
With a partner, alternate between:
20 Jumping Lunges
Row 200m
While Partner 1 is working, Partner 2 is holding a wall sit. Work continuously for 30 minutes.

No partner? Take 20-30 seconds between exercises.

CONDITIONING
Mental grit training-do 30 Burpees.

CONDITIONING
4 Rounds for time:
60x Jump Rope
15x Push Ups
150m sprint
90 sec. rest
Immediately after, jog 1 mile at easy pace. 10x Burpees

CONDITIONING
5 Rounds
Run 400 Meters
5 V-ups
5 Air Squats
5 Push Ups
Rest 30 seconds

CONDITIONING
15 Minutes of the following circuit:
21x Squats
12x Sit Ups
8x Burpees

CONDITIONING
5 Rounds as fast as possible:
8x Box Jump or Step Up
8x Slam ball

EVENT DAY
See you at the start-line.

REST
Call your team.
Get pumped.

REST
Carbo-load and get ready to crush the course.

REST
Team ice cream night. Indulge in your favorite Ben & Jerry’s.

CONTINUOUSLY
Jog 2 miles.

REST
Get your event day bag ready to go.

CONDITIONING
5 Rounds
Run 100 Meters
5 V-ups
5 Air Squats
5 Push Ups
Rest 30 seconds

CONDITIONING
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Row 200m
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