PREPARE TO RACE

TOUGHER MUDDER

TOUGHEST MUDDER

WORLD’S TOUGHEST MUDDER

TRAINING GUIDE
YOUR JOURNEY TO THE RACE STARTS HERE.

We know you’re an elite Tough Mudder athlete. You’ve probably got plenty of training tips already. But just in case, or if you’re interested in taking things up a notch or 10, we’ve put together a Tough Training Guide designed to help you survive some of the toughest races on the planet.

Training can be repetitive. All those miles logged, all that time at the gym—maybe it’s time to give your workout the kick in the ass it so sorely needs.

You’ll want to know you did everything you possibly could to get yourself ready for a run at the money or at least your personal best and the prestige that comes with completing. So start training like you mean it, Mudder, while the finish line is still months away. It’s time to Step The F*ck Up.

GET TOUGH, STAY TOUGH:

✓ Pain doesn’t last forever. But glory does.
✓ Fearlessness is your friend.
✓ So are those nerves. Own them. Then the course.

HIGH-INTENSITY INTERVAL TRAINING:
Combining explosive exercise with short periods of rest is exactly what the course is about. The workouts are HARD, scale down as needed to basic movements or lower weights. You know your fitness level better than anyone else.

HOW TO USE THIS GUIDE:
• Can’t run 5 miles? Download the Challenge Series Guide.
• Training for Tougher Mudder? Cap your running mileage at 12.
• Training for 25+ miles at Toughest and World’s Toughest Mudder? Complete the full 3 month plan.

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.

DON’T FORGET:
Toughest Mudder and World’s Toughest Mudder are Probably The Toughest Endurance Challenges on the Planet. Race day is when you’ll need your best - training is how you get there strong and ready to run like hell.
### WEEK 1

**WARM UP**
- 3 Rounds: 250m Row, 10x Sit Ups, 10x V Up, 10x Jumping Air Squat
- **STRENGTH**: Kettlebell Squat (3 sets x 15)
- **SKILL DEVELOPMENT**: 3 Rounds for Quality, 1 round time: 10x Overhead Lunge (3 sets)
  - 10x Box Bail Up (with weight)
  - 100m Sandbag Carry (1 arm Farmer Carry - British army after 50m)

**CONDITIONING**
- 8 minutes as many rounds of the circuit as possible:
  - 3x Kettlebell Swing
  - 30x Jump Rope
  - 30m Sprint to cone / 30m Side Shuffle Back - Immediately followed by: 50x Sit Ups

**ENDURANCE**
- Run 5 miles

**REST**

**NUTRITION TIP**
- Meal prep is simple. Plan your next three meals in advance.

### WEEK 2

**WARM UP**
- 3 Rounds: 250m Row, 10x Sit Ups, 10x V Up, 10x Jumping Air Squat
- **STRENGTH**: Kettlebell Squat (5x5)
- **SKILL DEVELOPMENT**: 3 Rounds for Quality, 1 round time: 10x Overhead Lunge (3 sets)
  - 10x Box Bail Up (with weight)
  - 100m Sandbag Carry (1 arm Farmer Carry - British army after 50m)

**CONDITIONING**
- 8 minutes as many rounds of the circuit as possible:
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**ENDURANCE**
- Run 5 miles

**REST**

**NUTRITION TIP**
- Meal prep is simple. Plan your next three meals in advance.

### WEEK 3

**WARM UP**
- 3 Rounds: 250m Row, 10x Sit Ups, 10x V Up, 10x Jumping Air Squat
- **STRENGTH**: Kettlebell Squat (5x5)
- **SKILL DEVELOPMENT**: 3 Rounds for Quality, 1 round time: 10x Overhead Lunge (3 sets)
  - 10x Box Bail Up (with weight)
  - 100m Sandbag Carry (1 arm Farmer Carry - British army after 50m)

**CONDITIONING**
- 8 minutes as many rounds of the circuit as possible:
  - 3x Kettlebell Swing
  - 30x Jump Rope
  - 30m Sprint to cone / 30m Side Shuffle Back - Immediately followed by: 50x Sit Ups

**ENDURANCE**
- Run 5 miles

**REST**

**NUTRITION TIP**
- Meal prep is simple. Plan your next three meals in advance.

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#### 3 MONTHS TO GO

**LISTEN UP, MUDDER**

Congrats on stepping the f*ck up. You're the best of the best.

Now start training like it. Scale the movements down or lower weights if workouts are too hard.

**WEEKEND TIP**

*Can’t run 3-5 miles yet? Try the Tough Mudder Challenge Series Workout Guide.*

**TRAINING GUIDELINES**

- **FUEL UP WITH**
  - CESLIUS
  - JACK LINKS<br>

- **RAISE THE STEAKS WITH**
  - FUEL UP WITH<br>

- **GEAR UP WITH**
  - MERRELL<br>

- **KILL THE QUIT WITH**
  - KILL CLIFF
3 MONTHS TO GO

WEEK 3

**RUNNING BASELINE**
Set a timer for 45 minutes. Run as far as possible within that time.
Record Distance.
- Note pacing and distance compared to previous attempt.
- Focus on proper running form.
Hydrate and fuel within 30 minutes.

**WARM UP**
500m Row, 3 rounds: 10x Kettleball Swing
20m Inch Worm with Push Up
10x Ring Row

**STRENGTH**
Dumbbell Strict Press 5×5
(heavier than last attempt)

**CONDITIONING**
7 minutes of the following couplet:
8x Dumbbell Deadlift
5x Box Jumps
Then, 3 min rest-
5x AMRAP
20x Jump Ropes
10x Hanging Knee Raises

**ENDURANCE**
Run 6 miles

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WEEK 4

**WARM UP**
500m Row, 3 rounds: 10x Kettleball Swing
20m Inch Worm with Push Up
10x Ring Row

**STRENGTH**
Dumbbell Strict Press 5×5
(heavier than last attempt)

**CONDITIONING**
7 minutes of the following couplet:
8x Dumbbell Deadlift
5x Box Jumps
Then, 3 min rest-
5x AMRAP
20x Jump Ropes
10x Hanging Knee Raises

**MIDLINE DEVELOPMENT**
8 Rounds of 12x DB Russian Twist:
15 Superman Hold

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ENDURANCE
Run 7 miles

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**NUTRITION TIP**
Thank your training partner for always being there.
Invite them over for dinner and make something fun.

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WEEK 5

**WARM UP**
3 rounds: 200m run, 15x Push up, 10x Sit Up

**CONDITIONING**
4 Rounds for time:
50m Bear Crawls
10x Push Ups
20x Kettlebell Swings
(35/25)

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**ENDURANCE**
Run 8 miles

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**NUTRITION TIP**
Protein is the best nutrient for recovery.
Make sure you are eating 1g per 1lb of bodyweight.

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FUEL UP WITH

CELSIUS
LIVE FIT

RAISE THE STEAKS WITH

JACK LINKS

GEAR UP WITH

MERRELL

KILL THE QUIT WITH

KILL CLIFF

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# 2 MONTHS TO GO

**KEEP PUSHING**

Event day is just two short months away. There are miles to go and squats to be squatted. Keep your head down and grind, grind, grind.

*If you’re training for Tougher Mudder, cap your miles at 10 and continue sprint, cardio and strength training.*

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**TOUGH TIP**

8 hours of sleep per night resets your hormones and reduces stress.

**TOUGH TIP**

Hydrate for tomorrow, today! Drink 8-12oz glasses of water.

**TOUGH TIP**

Hydrate for tomorrow, today! Drink 8-12oz glasses of water.
### WEEK 3

**WARM UP**
Run 100m Forward
Run 100m Backward
20-15-10: Kettlebell Toe Touches
Kettlebell Swings

**ENDURANCE/AGILITY DEVELOPMENT**
60 X Alternating Toe Touches on Object
30X Lateral Box Jumps
5X :30 Line Drills (moving laterally, side shuffle from cone to cone spaced 15m apart)

**CONDITIONING**
15x 1 Minute Rounds. If you complete the work within the minute, rest remaining time.
4x Kettle Bell Deadlift + heavy
8X Kettle Bell Push Press + light
4X Burpee over Kettlebell
Immediately after, jog 2 miles.

**ENDURANCE**
Run 10 miles

**RUNNING BASELINE**
Set a timer for 60 minutes. Run as far as possible within that time.
Record Distance.

**NUTRITION TIP**
Good Fats include olive and coconut oil. Cook with coconut oil, drizzle olive oil on salads.

### WEEK 4

**WARM UP**
800m Run
3-2-1-1-1: Jumping lunges, Band Squats (band sits just below knees, drive knees out into band)

**STRENGTH DEVELOPMENT**
Sandbag Lunges 3X 50m
- superset each set with 12 lateral cone touches (side shuffle from cone to cone, spaced 15m apart)

**ENDURANCE**
3 Rounds for quality not time, not for time: 15X Air Squats w/ Bottom Pause
200m Farmer Carry
10x Toes to Bar

**CONDITIONING**
4 Rounds for time:
30x farmers carry
10x Kettlebell Swings
400m Run

**ENDURANCE**
Run 10 miles

**RUNNING BASELINE**
Set a timer for 60 minutes. Run as far as possible within that time.
Record Distance.

**NUTRITION TIP**
Don't fear carbs. You need them to fuel intense training.
You're one month from the starting line. It's time to kick things up a notch (or 10). Power through these last 4 weeks and get ready to run like hell. Logging longer runs now means you’ll be closer to getting 25+ miles at Toughest or World’s Toughest Mudder.

### WEEK 1

**WARM UP**
- 3 rounds:
  - 250m Run
  - 10x Kettlebell Swing
  - 10x Burpees

**STRENGTH**
- Sumo Deadlift 1.2L
- Dumbbell Plank Rows X20

**ENDURANCE**
- 3 rounds, not timed:
  - 800m Sandbag Run run
  - 16x 1 kg Dumbbell Deadlift (6 x rds)
  - 25x V Ups

**CONDITIONING**
- 1 min. Max
  - 50x Jump Ropes
  - 200m Run
  - 16x Burpees
  - 500m row

**RUNNING BASELINE**
- Set a timer for 60 minutes. Run as far as possible within that time. Record distance.
  - Note pacing and distance. Compare to last test.
  - Focus on proper running form.

**ACTIVE RECOVERY**
- Mobility work

**WARM UP**
- 500m Row, 3 rounds:
  - 15x Push Ups
  - 15x KB Push Press
  - 6x Ring Row

**STRENGTH**
- Every Minute for 10 minutes complete:
  - 15x 1 arm Push Press (each Arm)
  - 8x 1 arm Dumbbell Bent-Over Row
  - As heavy as possible

**CONDITIONING**
- 6 Rounds for time:
  - 10x Toe to Bar
  - 15x Wall Ball
  - 20x Kettlebell Swings
  - 1 min. Rest

**THE DURABILITY**
- 2 Sets:
  - 1:00 Plank Hold
  - 1:00 Wall Sit
  - 1:00 Bar Hang

### WEEK 2

**WARM UP**
- Perform the following week with your Training Partner while carrying a sandbag.
  - Trade off work as needed but standing must not touch the ground until all work is complete:

**CONDITIONING**
- 3 miles run
  - 100x Situp Flutter Kicks
  - 2 mile run
  - 16x Burpees
  - 1 mile run
  - 200x Air Squats

**ENDURANCE**
- Run 13 miles

**WARM UP**
- 800m Run, 3 rounds:
  - 10x Burpees
  - 10x Wall Ball
  - Push Press (wall ball without the squat)
  - 10x Push Ups

**STRENGTH**
- 3X8 Inverted Push Ups
- 3X8 Dumbbell Strict Press

**CONDITIONING**
- 7 minutes of the circuit:
  - 7x Dumbbell Thruster
  - 10x Box Jump
  - 2 min. rest
  - 7 Minutes of the circuit:
  - 10x Single Arm KB Swings
  - 20x Wall Ball

**ACTIVE RECOVERY**
- Mobility work

**WARM UP**
- Set a clock for 12 minutes.
  - At the top of each minute perform 8 HEAVY Double Kettlebell Front Squats and 8 Side Lunges.

**STRENGTH**
- 3 Rounds for quality and not timed:
  - 15x Front rack Sandbag Step Ups
  - 10m Burpee Broad Jump
  - 100m Buddy Carry (alternate with partner at the 50m mark)

**CONDITIONING**
- Complete as many rounds of the following circuit in 15 minutes:
  - 10x Pull Ups
  - 15x Wall Ball
  - 20x Kettlebell Swings
  - 1 min. rest

**THE DURABILITY**
- 2 Sets:
  - 1:00 Plank Hold
  - 1:00 Wall Sit
  - 1:00 Bar Hang

**FUEL UP WITH**
- CELSIUS
- JACK LINKS
- MERRELL
- CLIFF

**RAISE THE STEAKS WITH**
- Inflammation kills performance. Stay away from processed grains and sugar.

**NUTRITION TIP**
- Drink Kombucha Tea. Your gut will enjoy the probiotics.
1 MONTH TO GO

WEEK 3

STRENGTH
Double KB Push Press X5, then, 3X3 *Heavy

CONDITIONING
For 22 minutes, alternate between these two couples. 
Even Minutes: 5x Pull Ups + 
10x Push Ups
Odd Minutes: 10x Sit Ups + 
20x Jump Ropes

WARM UP
800m row, 20-15-10 reps: 
Inch Worm
Jumping Air Squats
Jumping Lunges

STRENGTH
Sandbag Lunges 4X50'

ENDURANCE
3 Rounds for quality not time: 
20m Crab Walk, 20x Jumping Air Squats, 20x Explosive Sit Ups to standing position

CONDITIONING
15 minutes to complete as many rounds as possible: 
8x Sumo Deadlift High Pulls
8x KB Reverse Lunges
8x Ties 2 Bar
8x Mountain Climbers

ENDURANCE
Run 10 miles

WARM UP
5 Rounds
250m row
25m Bear Crawl
25m Crab Walk

STRENGTH
Inverted Push Up X30
Single Arm Dumbbell Press X30 (each, HEAVY)

CONDITIONING
Complete the following circuit 6 times: 
10x Dumbbell Push Press
10x Alternating Knee To Elbow
10x Ties 2 Bar

ENDURANCE
1 mile run repeats. Run 1 mile, rest 1:1, repeat for 3 total miles. 
Look for consistency and pacing

WEEK 4

STRENGTH
Single Leg KB Deadlift 3X10
(each Leg, focus on form)

CONDITIONING
Set a clock for 18 minutes. 
At the top of each minute, work to complete the following work: 
8x Kettlebell Swing (35/25)
10x Sit Ups

ENDURANCE
Run 8 miles

WARM UP
1 mile Run Together, then 3 rounds of 5 Pull Ups
10x Push Ups
15x Air Squats

PARTNER CONDITIONING
Alternate with your partner each round for 50 minutes, 
1 Rope Climb
10x Plank Rows
10x Squats
50m Farmer Carry

NUTRITION TIP
Keep your nutrition on point for race day. 
Don’t make last minute changes, you already know what works and what doesn’t.

RUNNING BASELINE
Set a timer for 30 minutes. Run as far as possible within that time. Record Distance. 
-Note pacing and distance. 
-Focus on proper running form.

CONDITIONING
Ultimate World’s Toughest Mudder Workout
Perform as much work continuously for 30 minutes: 
50 Squat Jumps
50 Dumbbell Sit Ups
40 Dumbbell Push Press
40 Burpees
30 Pull Ups
30 Clapping Push Ups
20 Dips
20 Planked Dumbbell Rows
10 Box Jumps
10 Weighted Dumbbell Lunges

FUEL UP WITH
CELSIUS

RAISE THE STEAKS WITH
JACK LINKS

GEAR UP WITH
MERRELL

KILL THE QUIET WITH
CLIFF

REST
Recharge before race day.

NUTRITION TIP
Simplicity is healthier. 
Cook a meal with your training partner and only use 7 ingredients.

REST
Check your gear list and pack your race day bag.

IT’S TIME TO STEP THE F**K UP. 
THE COURSE IS WAITING FOR YOU.