



# TOUGH MUDDER 5KM ADVANCED PLAN



Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST + core/ S&C	30 - 40 min easy paced run	REST + core/ S&C	30 min progression run with 10 easy/10 steady /10 @ threshold effort	REST	30-45 min hilly run off road if possible. Pick up pace on hills	Long run: 45 min easy paced run with some off rd running mixed in.
2	REST + core/ S&C	25 min wind up run...5 easy, 5 steady, 5 threshold then 5 fast 5 easy	REST + core/ S&C	30 mins including 2 x 10 mins @ threshold effort (2 min jog rec)	REST	45 min hilly run off road if possible. Pick up pace on the hills.	Long Run: 60 min easy paced run with some off road mixed in.
3	REST + core/ S&C	30-40 mins including 4 x 6 mins @ threshold effort (2 min jog rec)	30 mins easy run + core & s&c	45 min progression run with 15 easy/15 steady /15 @ threshold effort	REST	45 mins to include 8 min threshold (2 min jog) + 8 x 45 sec fast hill (90 jog) + 8 mins threshold... off road if possible	Long Run: 60 min easy paced run with some off rd mixed in.

4	REST + core/ S&C	40 mins including 5 x 5 mins @ threshold effort (90 sec jog rec)	30-45 mins easy run + core & s&c workout	40 min out & back run. Run 20 min one direction easy, turn then run back fast 2 mins quicker	REST	45 mins to include 8 min threshold (2 min jog) + 8 x 45 sec fast hill (90 jog) + 8 mins threshold... off road if possible	Long Run: 70 min easy paced run with some off rd mixed in.
5	REST + core/ S&C	50 mins including 6 x 5 mins. Nos 1-3 @ threshold effort & 4-6 @ 10k effort (2 min jog rec)	30-45 mins easy run + core & s&c workout	45 min progression run with 15 easy/15 steady /15 @ threshold effort	REST	8 x 90 seconds or 400m @ 5k pace off 1 min jog rec. Then 2-3 min jog followed by 12 mins threshold off rd on undulating route.	Long Run: 80 mins easy paced run with some off rd mixed in.

6	REST + core/ S&C	45 min Off Road fartlek to include to include 2 sets of 4,3,2,1 mins off 90 sec jog rec	30-45 mins easy run + core & s&c workout	30 min easy paced run on flat groud	REST	Time Trial: Warm up then 5k hard off rd using GPS or rough distance estimate. Include hills and mud where possible. Warm down	Long run: 80-90 mins easy paced run on flat route.
7	REST+ core/ S&C	8 x 3 mins with 75-90 second recovery jog between each. Run on an undulating off rd route @ 10k pace	30-45 mins easy run + core & s&c workout	45 mins with middle 20-25 mins @ threshold off road if possible	REST	50 mins to include 10 min threshold (2 min jog) + 10 x 45 sec fast hill (90 jog) + 10 mins threshold... alloff road if possible	Long Run: 60 mins easy paced run

8	REST+ core/ S&C	8 mins threshold (2 min jog) + 3 x 2 mins @ 10k pace (2 min jog between each effort) + 4 x 1 min fast/1 min jog	30-45 mins easy run + core & s&c workout	30 mins with last 10 mins at threshold	REST	20-30 min easy run & stretch	Race day Good luck!
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- Note please do a 10 minute warm up and cool down before Threshold, Hills or Interval sessions
- Always substitute cross training for running if you are injured, very sore or it is not safe to run.
- Please add Pilates or Yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 mins.
- Always eat within 20-30 mins of finishing a run
- Always train at your target pace, don't compromise or run too hard. Tiredness always catches up.....
- Have fun and train where it is safe.

## **CORE PLUS S&C**

20-30 MIN HIIT AND WEIGHT SESSION:

30-40 seconds of work with 20-30 seconds rest:

Burpees

Squat jumps

High knees

Mountain climbers

X2 rounds

PLUS

Press ups x12

Squats x12

Lunges x16

Tricep dips x12

X2 rounds

CORE:

10 min abs:

30-40 seconds of work with 20-30 seconds rest x2 rounds:

PLANK

SIDE PLANK

SIDE PLANK

FINGER CRUSHER

BRIDGE