



TOUGH MUDDER 5KM IMPROVERS PLAN



Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST + core/ S&C	15-20 min easy paced run	REST	15-20 min easy paced run plus core/s&c	REST	15-20 min hilly run off road if possible.	Long run: 30 min easy paced run with some off rd running mixed in.
2	REST + core/ S&C	20 min wind up run...5 easy, 5 steady, 5 brisk then 5 fast	REST	25 mins including 2 x 5 mins @ threshold effort (2 min jog rec)	REST	15-20 min hilly run off road if possible plus core/s&c	Long Run: 30-40 min easy paced run with some off road mixed in.
3	REST + core/ S&C	30 mins including 3 x 5 mins @ threshold effort (2 min jog rec)	REST	30 min progression run with 10 easy/10 steady /10 @ threshold effort	REST plus core	30 mins to include 5 min threshold (2 min jog) + 5 x 45 sec fast hill (90 jog) + 5 mins threshold...off road if possible	Long Run: 40 min easy paced run with some off rd mixed in.

4	REST + core/ S&C	40 mins including 4 x 5 mins @ threshold effort (2 min jog rec)	REST or 30min aerobic x train easy plus core/s&c	30 min out & back run. Run 15 min one direction easy, turn then run back fast 2 mins quicker	REST	30 mins to include 6 min threshold (2 min jog) + 6 x 45 sec fast hill (90 jog) + 6 mins threshold...off road if possible	Long Run: 50 min easy paced run with some off rd mixed in.
5	REST + core/ S&C	45 mins including 5 x 5 mins @ threshold effort (2 min jog rec)	REST or 30min aerobic x train easy plus 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 mins easy paced run with some off rd mixed in.

6	REST + core/ S&C	45 min Off Road fartlek to include 5,4,3,2,1 mins effort off 90 sec jog. Each rep faster than the last	REST plus core	30 min easy paced run on flat ground	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 mins easy paced run on flat route.
7	REST+ core/ S&C	Warm up then 8 minutes threshold (2 min jog) then 6 x 2 mins fast (2 min jog) then 8 minutes threshold. Warm down	REST plus core	40 mins with middle 20 mins @ threshold off road if possible	REST	45 mins to include 7 min threshold (2 min jog) + 10 x 45 sec fast hill (90 jog) + 7 mins threshold...off road if possible	Long Run: 40-45 mins easy paced run
8	REST+ core/ S&C	30 mins Inc 4 x 5mins @ threshold/ 2min jog recovery	REST	30 mins easy paced flat run	REST	Rest or 15 min jog & stretch	Race day! Good luck!

- Note please do a 5-10 minute warm up and cool down before Threshold, Hills or Interval sessions
- Always substitute running for cross training 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 x12-15

Squats x15

Lunges x20

Tricep dips x12-15

X2-3 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