



TOUGH MUDDER 10 MILE BEGINNER PLAN



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

4	REST + core/ S&C	40 mins including 4 x 5 mins @ threshold effort (2 min walk rec)	REST	30 min out & back run. Run 15 min one direction easy, turn then run back fast 2 mins quicker OR REST	REST	30 mins to include 6 x 45 sec fast hill (90 jog) + 6 mins threshold...off road if possible	Long Run: 45 min easy paced run or run/walk with some off rd mixed in.
5	REST + core/ S&C	45 mins including 5 x 5 mins @ threshold effort (2 min walk/jog rec)	REST	30 min out & back run. Run 15 min one direction easy, turn then run back fast 2 mins quicker OR REST	REST	45 mins to include 8 x 45 sec fast hill (90 jog) + 8 mins threshold...off road if possible	Long Run: 60 min easy paced run or run/walk 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 walk/jog. Each rep faster than the last	REST	30 min easy paced run on flat ground OR REST	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: 75 mins easy paced run/walk on flat route.
7	REST+ core/ S&C	Warm up then 6 x 2 mins fast (2 min walk/ jog) Warm down	REST	30 min easy paced run on flat ground OR REST	REST	45 mins to include 10 x 45 sec fast hill (90 jog)...off road if possible	Long Run: 40 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