CHALLENGE YOURSELF

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 in case 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 we’ll be serving up in 2019.

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 to run your personal best. 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:

• Workout in under 10 minutes anywhere, anytime with one of the quick HIIT circuits on our YouTube training playlist.
• Check our Instagram for weekly workout inspiration.
• Find a Tough Mudder Bootcamp near you to train with fellow runners.

DON’T FORGET:

Tougher, Toughest and World’s Toughest Mudder (aka the Holy Grail) are some of the most grueling endurance challenges in OCR. Race day is when you’ll need your best - training is how you get there strong and ready to run like hell.

PREP FOR EVENT DAY WITH OUR PARTNERS:
## 3 MONTHS TO GO

**LISTEN UP, MUDDER**
Congs 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.

### WEEK 1

<table>
<thead>
<tr>
<th>WARM UP</th>
<th>ENDURANCE</th>
<th>REST</th>
<th>NUTRITION TIP</th>
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<tbody>
<tr>
<td>3 Rounds: 250m Row, 10x Sit Ups, 10x V Ups, 10x Jumping Air Squat</td>
<td>Run 5 miles</td>
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<td></td>
<td>Try new breakfast recipes this week.</td>
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<tr>
<td>Dumbbell Deadlift 5x12</td>
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<td><em>As heavy as possible</em></td>
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<tr>
<td>Superset with: 10x Ring or Bench L Sit Hold</td>
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<tr>
<td><strong>CONDITIONING</strong></td>
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<tr>
<td>25-20-15 Front Squats &amp; Push Ups</td>
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<td>*50m Row after each set</td>
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### WEEK 2

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<td>Dumbbell Deadlift 5x5 <em>HEAVY</em></td>
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<td>Sumo Deadlift 3x5 <em>Heavy</em></td>
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<td><strong>STAMINA</strong></td>
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<tr>
<td>1 Round not for time: 800m Sandbag Carry</td>
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<tr>
<td>15x Dumbbell Plank Rows (each arm)</td>
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<td><strong>CONDITIONING</strong></td>
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<tr>
<td>Preform as many rounds of the following circuit in 20 minutes: 15x Kettle Bell Swings</td>
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<td>30x Jump Rope</td>
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<td>200m Sprint</td>
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<tr>
<td>2x Kettle Bell Squat 5-5</td>
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<td>1x Kettle Bell Squat 5-5</td>
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<tr>
<td><strong>CORE DEVELOPMENT</strong></td>
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<tr>
<td>3 Rounds for Quality, not time: 15x Overhead Lunges (5/5/5)</td>
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<td>10x Box Step Ups (with weight)</td>
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<td>100m Suitcase Carry (1 arm Farmer Carry, 30/30 after 50m)</td>
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<td><strong>CONDITIONING</strong></td>
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<td>8 minutes to many rounds of the circuit as possible: 15x Kettle Bell Swings</td>
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<td>30x Jump Rope</td>
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<tr>
<td>200m Sprint to condo 200m Side Shuffle back - immediately followed by: 50x Sit Ups</td>
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### 3 MONTHS TO GO

*CAN’T RUN 3-5 MILES YET? TRY THE TOUGH MUDDER CHALLENGE SERIES WORKOUT GUIDE.*

**PREP FOR EVENT DAY WITH OUR PARTNERS:**

- CELSIUS LIVE FIT
- ALANIC
- ACE
- Nexcare

**ENERGY DRINK**
**APPAREL**
**BRACE/SUPPORT**
**BANDAGES**

*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.*
## 3 MONTHS TO GO

### WEEK 3

#### ENDURANCE
- **Run 8 miles**

#### WARM UP
- **500m Row, 3 rounds:**
  - 10x Kettle Bell Swing
  - 20m Inch Warm with Push Up
  - 10x Ring row
- **STRENGTH:**
  - Dumbbell farmers Press 3x3 (heavier than last attempt)
- **CONDITIONING:**
  - 7 minutes of the following couplet:
    - 8x Dumbbell Deadlift
    - 8x Box Jumps
    - 3 min rest.
    - 4 min AMRAP:
      - 20x Jump Ropes
      - 10x Hanging Knee Raises
- **MIDLINE DEVELOPMENT:**
  - 8 Rounds of 12x DB Russian Twist: 15 Superman Hold

#### ENDURANCE
- **Run 7 miles**

#### WARM UP
- **3 rounds:**
  - 200m run
  - 15x Push up
  - 15x Sit Up

#### ENDURANCE
- **Run 7 miles**

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### WEEK 4

#### ENDURANCE
- **Run 8 miles**

#### WARM UP
- **500m Row, 3 rounds:**
  - 10x Kettle Bell Swing
  - 20m Inch Warm with Push Up
  - 10x Ring row
- **STRENGTH:**
  - Dumbbell farmers Press 5x5 (heavier than last attempt)
- **CONDITIONING:**
  - 300m Sprint: Rest 1:30
  - 10x Wall Climbs
  - 10x Dumbbell rows
  - 10x Bench Dips
  - 10x Dumbbell Lunges
  - 10x Sprint
  - 10x Sit Up
  - 10x Push Up

#### ENDURANCE
- **Run 6 miles**

#### WARM UP
- **Grab your workout partner**
  - **300m run**
  - **15 Alternating Jump Squats**
  - **12 Alternating Rope Lower**
- **PARTNER CONDITIONING:**
  - 50 Dumbbell Squats
  - 50 Dumbbell Deadlifts
  - 50 Kettlebell Swings
  - 50 Russian Kettle Bell Swing
  - 50 Russian Kettle Bell Swing

#### ENDURANCE
- **Run 800m Run–Rest 1:00**
- **400m Run–Rest 1:30**
- **200m Sprint–Rest 2:00**

#### CONDITIONING
- **3 Rounds for time:**
  - 20x Box Jumps
  - 20x Kettlebell Swings
  - 500m row
  - 3 min rest.

#### MIDLINE CONDITIONING
- **Accumulate 2 min. Plank Hold**
- **5 min. Superman Hold**

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**PREP FOR EVENT DAY WITH OUR PARTNERS:**

- **ENERGY DRINK**
- **APPAREL**
- **BRACE/SUPPORT**
- **BANDAGES**

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**NUTRITION TIP:**
- Thank your training partner for always being there; invite them over for dinner and make something fun.

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

PREP FOR EVENT DAY WITH OUR PARTNERS:

<table>
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<tr>
<th>ENERGY DRINK</th>
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</table>
## 2 MONTHS TO GO

### WEEK 3

#### PARTNER WARM UP
400m Run together, 3 rounds alternating reps back and forth:
- 10x Run Right
- 15x Wall Ball
- 20x Kettlebell Swings

#### WORKOUT/CONDITIONING
- 1 mile run
- 40x Push Ups
- 1 mile run
- 30x Air Squats
- 1 mile run

**PARTNERS**
Partners will run the miles together but break up the reps equally on all the bodyweight movements.

**HYDRATE AND FUEL WITHIN 30 MINUTES.**

#### WARM UP
Run 400m Forward, Run 400m Backward, 20-15-10: Kettlebell Toe Touches Kettlebell Swings Kettlebell Step Up

#### ENDURANCE/AGILITY DEVELOPMENT
- 60 x Alternating Toe Touches on Objet
- 30x Lateral Box Jumps
- 5x 200m Carry

#### 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 8X Burpee over Kettlebell

Immediately after, Jog 2 miles.

### WEEK 4

#### PARTNER WARM UP
3 rounds 200m Row 30 second Handstand against wall

#### STRENGTH DEVELOPMENT
- Dumbbell Push Press: In 7 attempts, work up to your heaviest 5 rep max

#### CONDITIONING
Work Continuously for 18 minutes and complete as many reps as possible:
- 15 Pull Ups
- 30x Wall Ball
- 200m Sprint

#### ENDURANCE
Run 10 miles

#### WARM UP
800m run, 20-15-10: Jumping lunge, Banded Squats (band sits just below knee, drive knees out into band)

#### STRENGTH DEVELOPMENT
- Dumbbell Press: 3X 50m - superset each with 10 lateral cone touches (side shuffle from cone to cone, spaced 15m apart)

#### CONDITIONING
- 3 Rounds for quality, not time, not for time: 15X Air Squats w/ Bottom Pause
- 200m Farmer Carry
- 15X Tow to Bar

#### ENDURANCE
- Run 2 miles. Rest 3:00. Repeat

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

PREP FOR EVENT DAY WITH OUR PARTNERS:
- **ENERGY DRINK**
- **BANDAGES**
- **APPAREL**
- **BRACE/SUPPORT**
- **CELSIUS LIVE FIT**
- **NEXCARE PRODUCTS**
# 1 Month to Go

## It's Go Time

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 Row
  - 10x Kettlebell Swing
  - 10x Burpees

#### Strength
- Sumo Deadlift SX 12
- Dumbbell Plank Rows x 3X10

#### Endurance
- 3 rounds, not timed:
  - 800m Sandbag run run, 16x 1 leg Dumbbell Deadlift (Raide)
  - 25x V Ups

#### Conditioning
- 15 min. AMRAP:
  - 50x Jump Rope
  - 200m Run
  - 15x 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

### Week 2

#### Warm Up
- 3 rounds:
  - 15x Burpees
  - 10x Wall Ball
  - Push Press (wall ball without the squat)
  - 10x Push Ups

#### Strength
- Every Minute for 10 minutes complete, 8X1 arm Push Press (each Arm), 8X1 arm Dumbbell Bent Over Row
- As heavy as possible

#### Conditioning
- 6 Rounds for time:
  - 10x Toe to Bar
  - 15x Wall Ball
  - 20x Kettlebell Swings
  - 3 min. Rest

#### The Durability
- 2 Sets: 1:00 Plank Hold 1:00 Wall Sit 1:00 Bar Hang

#### Warm Up
- Perform the following work with your Training Partner while carrying a sandbag.
- Trade off work as needed but sandbag must not touch the ground until all work is complete:

#### Conditioning
- 3 Mile Run
- 100x mountain Platter Kicks
- 2 mile run
- 15x Burpees
- 1 mile run
- 200x Air Squats

#### 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 Kettlebell Thruster
  - 10x Box Jump
  - 2 min. rest
  - 7 Minutes of the circuit:
  - 10x Single Arm KB Swings
  - 20x Wall Ball

#### 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
  - 20x Push Ups
  - 30x Air Squats

#### Warm Up
- Perform the following work with your Training Partner while carrying a sandbag.
- Trade off work as needed but sandbag must not touch the ground until all work is complete:

#### Conditioning
- 3 Mile Run
- 100x 4count Flutter Kicks
- 2 mile run
- 150x Burpees
- 1 mile run
- 200x Air Squats

### Endurance
- Long run 18 miles

### Endurance
- Run 13 miles

#### Strength
- 3 rounds, not timed: 800m Sandbag run, 16x 1 leg Dumbbell Deadlift (Raide)
- 25x V Ups

#### Conditioning
- Complete as many rounds of the following circuit in 15 minutes:
  - 10x Toes 2 Bar
  - 15x Wall Ball
  - 20x Kettlebell Swings
  - 3 min. Rest

#### The Durability
- 2 Sets: 1:00 Plank Hold 1:00 Wall Sit 1:00 Bar Hang

#### Conditioning
- Complete as many rounds of the following circuit in 15 minutes:
  - 50x Jump Ropes
  - 200m Run
  - 15x Burpees
  - 500m row

### Week 3

#### Warm Up
- 3 rounds:
  - 250m Row
  - 10x Kettlebell Swing
  - 10x Burpees

#### Strength
- Every Minute for 10 minutes complete, 8X1 arm Push Press (each Arm), 8X1 arm Dumbbell Bent Over Row
- As heavy as possible

#### Conditioning
- 6 Rounds for time:
  - 10x Toe to Bar
  - 15x Wall Ball
  - 20x Kettlebell Swings
  - 3 min. Rest

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

#### Warm Up
- 500m Row, 3 rounds:
  - 12x Push Ups, 12x 08 Push Press, 8x Ring Row

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

#### Conditioning
- Complete as many rounds of the following circuit in 15 minutes:
  - 10x Pull Ups
  - 20x Push Ups
  - 30x Air Squats

#### Warm Up
- 3 rounds:
  - 250m Row
  - 10x Kettlebell Swing
  - 10x Burpees

#### Strength
- Every Minute for 10 minutes complete, 8X1 arm Push Press (each Arm), 8X1 arm Dumbbell Bent Over Row
- As heavy as possible

#### Conditioning
- Complete as many rounds of the following circuit in 15 minutes:
  - 50x Jump Ropes
  - 200m Run
  - 15x Burpees
  - 500m row

### Week 4

#### Warm Up
- Perform the following work with your Training Partner while carrying a sandbag.
- Trade off work as needed but sandbag must not touch the ground until all work is complete:

#### Conditioning
- 3 Mile Run
- 100x 4count Flutter Kicks
- 2 mile run
- 150x Burpees
- 1 mile run
- 200x Air Squats

### Endurance
- Long run 18 miles

#### Strength
- 3 rounds, not timed: 800m Sandbag run, 16x 1 leg Dumbbell Deadlift (Raide)
- 25x V Ups

#### Conditioning
- Complete as many rounds of the following circuit in 15 minutes:
  - 10x Toes 2 Bar
  - 15x Wall Ball
  - 20x Kettlebell Swings
  - 3 min. Rest

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

#### Conditioning
- Complete as many rounds of the following circuit in 15 minutes:
  - 50x Jump Ropes
  - 200m Run
  - 15x Burpees
  - 500m row

### Prep for Event Day with Our Partners:

- **Celsius Live Fit**
- **Alanic Apparel**
- **ACE**
- **Nexcare Products**
- **Energy Drink**
- **Apparel**
- **Brace/Support**
- **Bandages**

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**Nutrition Tip:**
- **Energy Drink**
  - Try a Natural energy boost. Drink Kombucha Tea. Your gut will enjoy the probiotics.
- **Bandages**
  - Inflammation kills performance. Stay away from processed grains and sugar.
**WEEK 3**

**STRENGTH**
- Double KB Push Press 5X5
- Single Leg Split Deadlift 3X10 (each leg, focus on form)
- Sumo Deadlift 3X10

**CONDITIONING**
- 3 Rounds for quality not time: 25m Crab Walk, 20x Jumping Air Squats, 20x Explosive Sit Ups to standing position
- 15 minutes to complete as many rounds as possible: 8X Sumo Deadlift High Pulls
- 8X KB Reverse Lunges
- 8X Toss 2 Bar
- 8X Mountain Climbers

**ENDURANCE**
- Run 10 miles

**RUNNING BASELINE**
- Set a target for 18 minutes. At the top of each minute, work to complete the following work: 8x Kettlebell Swing (35/25), 10x Bit Ups. Once work is completed, rest remaining time. Intensity is what we are looking for!

**WEEK 4**

**STRENGTH**
- Double KB Deadlift
- Single Leg KB Deadlift 3X10

**CONDITIONING**
- SET A GOAL: Run as far as possible within that time. Record Distance. -Note pacing and distance. Focus on proper running form.

**ENDURANCE**
- Run 8 miles

**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.

**REST**
- Recharge before race day.

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

**IT’S TIME TO STEP THE F*CK UP.**
- The course is waiting for you.

**PREP FOR EVENT DAY WITH OUR PARTNERS:**
- CELSIUS LIVE FIT
- ALANIC APPAREL
- ACE BRACE/SUPPORT
- Nexcare BANDAGES