CHALLENGE YOURSELF

TRAINING GUIDE

BY openfit™
YOUR TOUGH MUDDER JOURNEY STARTS HERE.

Forget fitness levels. Whether you’re an occasional gym-goer or a seasoned couch potato, we’ve got a Tough Training Guide designed for your specific needs.

Training for an event can seem daunting. But you don’t need to run marathons, have a six-pack, a twelve-pack, or any pack really. All you need to is mental strength and some committed teammates determined to see it through. Even if you’re running solo, from the moment you step foot on the course, Mudder Nation will have your back.

In that spirit, and to help you finish strong, we’ve put together a 1-month training guide peppered with plenty of fun that’ll have you as ready as can be when you step up to the start line. All, some, just a few - however many workouts you can get through, your body will thank you in the end.

GET TOUGH, STAY TOUGH:

✔ The fun lasts longer than the pain.
✔ Don’t think. Fearlessness is your friend.
✔ Nerves are part of the experience. Own yours.

T-M INUS 30™:

If you’re looking for the best prep for the course ahead, we’re pleased to announce our brand new video training program T-MINUS 30 featuring 5x Tough Mudder Champion Hunter McIntyre. This video based training program was designed for anyone getting ready for a 5K or the Classic, regardless of your age or fitness level. There’s no guesswork, just find 30 minutes a day, grab a set of dumbbells and get ready for a fun and challenging workout that will get you course ready in 30 days. You get to try the first workout for FREE and the entire program FREE for 30 days.

HOW TO USE THE GUIDE:

There’s a big difference between running a 5K and a Classic 8-10 mile course - train accordingly.

Tough Mudder Classic - Complete 3 months
Tough Mudder 5K - Complete 1 month

OTHER WAYS TO TRAIN:

• Work out in 30 minutes with T-MINUS 30
• Check our Instagram for weekly workout inspiration.
• Find a Tough Mudder Bootcamp near you to train with fellow runners.

PREP FOR EVENT DAY WITH OUR PARTNER:
MONTH 1: 4X/WEEK

FOR MORE TRAINING TIPS, FOLLOW @TOUGH_MUDDER AND @MYOPENFIT ON SOCIAL MEDIA!

WEEK 1

FREE EXTREME CONDITIONING 1.0 WORKOUT

TOUGH MUDLER T-30

REST
GO FOR A WALK, HIKE, OR JOG.

5-MINUTE JOG
15 SQUATS
15 PUSH-UPS
15 LUNGES
(R/L ALTERNATING)
15 LAT PULLOVERS
15 SIT-UPS
15 BURPEES OR GRINCEES
REPEAT

REST
MAKE A WORKOUT PLAYLIST OR CHECK HUNTER'S T-MINUS 30 WORKOUT PLAYLIST ON SPOTIFY.

5-MINUTE JOG
15 SQUATS
15 PUSH-UPS
15 LUNGES
(R/L ALTERNATING)
15 LAT PULLOVERS
15 SIT-UPS
15 BURPEES OR GRINCEES
REPEAT

RUN/JOG FOR 30 MINS

REST
GIVE YOURSELF A HIGH FIVE FOR AN AWESOME WEEK.

POST A FLEXING SELFIE AND TAG US @MYOPENFIT.

WEEK 2

5-MINUTE JOG
15 SQUATS
15 PUSH-UPS
15 LUNGES
(R/L ALTERNATING)
15 LAT PULLOVERS
15 SIT-UPS
15 BURPEES OR GRINCEES
REPEAT

30 - 45 MINUTE JOG/RUN

TEAM TUESDAY
TELL EVERYONE YOU'RE DOING A TOUGH MUDDER AND START RECRUITING YOUR TEAM.

MOTIVATION MONDAY
FIND AN OCR PODCAST OR BLOG THAT YOU LIKE.

5-MINUTE JOG
20 SUMO SQUATS
20 PUSH-UPS
15 JUMPING JACKS
20 LUNGES
(R/L ALTERNATING)
20 PULLOVERS OR MAX PULL-UPS
15 JUMPING JACKS
20 SQUAT HOPS
20 SIT-UPS
15 JUMPING JACKS
20 BURPEES OR GRINCEES
REPEAT

30 - 45 MINUTE JOG/RUN

#TRAINING TIP
WHEN LIFTING WEIGHTS, THINK QUALITY OVER QUANTITY. NEVER LIFT BEYOND YOUR ABILITY TO MAINTAIN GOOD FORM.

5-MINUTE JOG
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REPEAT

45-MINUTE JOG/RUN

OPENFIT SHERIFF ABS!!

*AVAILABLE THROUGH OPENFIT T-MINUS 30 PROGRAM

PREP FOR EVENT DAY WITH OUR PARTNER:

openfit
TRAINING

REST
BUY SOME NEW TOUGH MUDDER GEAR TO WEAR ON THE COURSE.

POST A PHOTO OF YOUR NEW GEAR AND TAG @TOUGH_MUDDER
### MONTH 1: 4X/WEEK

If training for the Tough Mudder Classic, repeat this month-long schedule two more times.

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**1-HOUR JOG**

**BONUS WORKOUT:**

- Get some physically demanding house chores done! Monday's a good workout too.

**1-HOUR JOG**

**HEALTHY BONUS:**

- Make a new healthy smoothie.

**1-HOUR JOG**

**RECOVERY TIME:**

- Put the rock & roll in foam rolling. Don't have a foam roller? Get one.

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**45-MINUTE JOG/RUN**

**OPENFIT SHERIFF ABS!!**

**REST**

**HEALTHY TIP:**

- Stay hydrated - drink half your weight in ounces of water.

(100 lbs = 50 oz of water)

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

[Openfit Training](https://www.openfit.com)
Hey Mudder Nation,

If you’ve signed up for your Tough Mudder and need a crash course to get fit and support your team on the big day, there’s never been a better way than Tough Mudder T Minus 30, a 30-day comprehensive streaming workout program specifically designed to get your course ready in record time.

No guesswork, no trainers, no gym or fancy equipment. Designed by certified fitness experts and Tough Mudder Champion Hunter McIntyre, the program includes 21 functional training workouts to improve strength, power, speed, and core strength, plus run training and upper body grip training, workout calendars, a nutrition plan, and exclusive training tips so you’re ready for the big day.

Try your first workout free and try the entire program risk free for 30-days. Now that’s a deal you can’t pass up. All you need to start is 30 minutes a day, a pair of dumbbells, and a little motivation to push play. But once you watch workout #1 and see how much fun working out with Hunter and his team can be, you’ll be back every day.