CHALLENGE YOURSELF

TOUGHER MUDDER
TOUGHEST MUDDER
WORLD'S TOUGHEST MUDDER

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.
### Week 1

**Warm Up**
- 3 rounds: 800m run, 15x burpees, 300m row, 10x burpees, 100m row, 5x burpees

**Skill Development**
- 10 minutes of quality
  - 10x weighted box jump with medicine ball
  - 15x chin over bar hold
  - 20x Diamond push-ups

**Conditioning**
- 23-20-15
  - Front squat
  - 5x push-ups

**Rest**
- Kick up your feet and watch old WTM documentaries get pumped.

**Endurance**
- Run 5 miles

### Week 2

**Warm Up**
- 3 rounds: 250m row, 10x sit-ups, 10x V-ups, 10x diamond push-ups

**Skill Development**
- 5 rounds for quality
  - 10x overhead lunges (5x/bd)
  - 10x box step-up (with weight)
  - 100m suitcase carry (1 arm)
  - farmer carry after 50m

**Conditioning**
- 8 rounds of the circuit as possible:
  - 10x kettle bell swing
  - 30x jump ropes
  - 20x sprint to cone

**Rest**
- Check out a podcast to learn more about OCR.

**Endurance**
- Run 5 miles

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**Nutrition Tip**
- Meal prep your lunches for the week, like this Thai Turkey Chili.

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**Running Baseline**
- Set your timer for 45 minutes.
- Run as far as possible within that time. Record distance.
- Note your pacing. Focus on proper running form.

**Recovery**
- Active stretching. Hydrate and fuel within 30 minutes.

**Endurance**
- Run 5 miles at an easy pace

**Conditioning**
- 800m run, 3 rounds:
  - 30x handstand hold
  - 12x push-ups

**Nutrition Tip**
- Try new breakfast recipes this week.
### WEEK 1

**RUNNING BASELINE**
Set a timer for 45 minutes. Run as far as possible within that time. Record Distance.
Note pacing and distance compared to previous attempt.
- Focus on proper running form.
- Hydrate and fuel within 30 minutes.

**WARM UP**
3 Rounds: 200m run, 15x Push Ups, 15x Farmer Carry

**CONDITIONING**
4 Rounds for time:
- 4x Dumbbell Deadlifts
- 8x Box Jumps
- 20x Push Ups
- 20x Russian Twists (15/15)

**ENDURANCE**
Run 6 miles

### WEEK 2

**WARM UP**
3 Rounds: 200m run, 15x Push Ups, 15x Farmer Carry

**CONDITIONING**
4 Rounds for time:
- 12x Toe 2 Bar
- 15x Dumbbell Push Press
- 100m Sprint
1 min. rest

**ENDURANCE**
Run 6 miles

### WEEK 3

**WARM UP**
500m Row, 3 rounds:
- 10x Kettle Ball Swing
- 20x Inch Worm with Push Up
10x Ring row

**STRENGTH**
Dumbbell Russian Twists 5x5 (heavier than last attempt)

**CONDITIONING**
7 minutes of the following couplet:
- 8x Dumbbell Deadlift
- 5x Box Jumps
- 5x Push Ups
- 3x Bulgarian Split Squats
1 min. rest

**ENDURANCE**
Run 6 miles

### WEEK 4

**WARM UP**
Grab your workout partner
400m run
15 Alternating Jump Squats
12 Alternating Rope Lovers

**PARTNER CONDITIONING**
- 50 Sumo Deadlifts
- 20x Russian Twists (35/25)
- 20x Kettlebell Swings
- 10x Farmer Carry

**STRENGTH DEVELOPMENT**
Dumbbell Deadlift 5x12
Superset with 15 Burpee-Ball
Balls after each set

**CONDITIONING**
4 Rounds for time:
- 50x Bear Crawl
- 10x Push Ups
- 20x Kettlebell Swings (35/25)

**ENDURANCE**
Run 7 miles

### NUTRITION TIP
Thank your training partner for always being there. Invite them over for dinner and make something fun.
**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.*

### WEEK 1

**WARM UP**
- 3 Rounds: 200m Row
- 10x Push Ups
- 3x Wall Climb

**STRENGTH DEVELOPMENT**
- Dumbbell Strict Press 5x5 (heavier than the last test)

**CONDITIONING**
- 3x Box Jumps
- 20x Kettlebell Swings
- 500m Row

### WEEK 2

**WARM UP**
- Pre-3 Rounds: 250m row or run
- 10x Sandbag Goodmorning
- 10x Sandbag To Shoulder

**STRENGTH**
- Dumbbell Deadlift 5x5 (heavier than last test)
- Weighted Pull Up 5x5

**POWER DEVELOPMENT**
- 4 Rounds for time: 10x Tuck Jumps
- 15x Sandbag Overhead Toss
- 15x Bench Dips

**CONDITIONING**
- 3 Sets of work, 3 minutes rest between sets:
  - 3 minute work period:
    - 3x Box Jumps
    - 6x Push Ups
    - 9x Air Squats

### ENDURANCE
- Run 5 miles

### WEEK 2

**WARM UP**
- 800m Run, 3 rounds:
  - 15x Air Squat
  - 10x 4 count Mt. Climbers

**STRENGTH**
- Double Kettlebell Front Squats 5X10 (heavier than last attempt)

**ENDURANCE**
- Run 5 miles

### ENDURANCE
- Run 9 miles

### TOUGH TIP
- 8 hours of sleep per night resets your hormones and reduces stress.
- Hydrate for tomorrow, today! Drink 8–12 glasses of water.

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**RUNNING BASELINE**
- Set a timer for 45 minutes. Run as far as possible within that time. Record distance.
- Focus on proper running form.
- Hydrate and fuel within 30 minutes

**PROGRESSIVE**
- 2 Rounds or 300m run
- 15x Jumping Air Squats
- 10x V吕s

**STRENGTH**
- Double Kettlebell Front Squats 5X12 (go heavier than the last test)

**CONDITIONING**
- 2–3 Rounds fast as possible:
  - 15x Wall Ball
  - 30x Jump Rope
  - 8x V吕s

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**ENDURANCE**
- Long run 10 miles
## 2 MONTHS TO GO

### WEEK 3

#### PARTNER WARMUP
- 400m Run together
- 3 rounds alternating reps:
  - back and forth:
    - 1x Partner Press
    - 1x Partner Wall Ball
    - 10x Partner Kettlebell Swings

#### WARMUP
- Run: Alternating Reps
  - Run 400m Forward
  - Run 400m Backward
  - 20x Partner Kettlebell Swings
  - Kettlebell Toe Touches

#### ENDURANCE/AGILITY DEVELOPMENT
- 60 x Alternating Toe Touches
  - 30x Lateral Box Jumps
  - 5x 10sec Drift (moving laterally, sideways from cone to cone spaced 15m apart)

#### CONDITIONING
- 15 x 1 minute Rounds:
  - 100 x Pushups
  - 10x Burpees

### WEEK 4

#### WARMUP
- 3 rounds:
  - 200m Row
  - 30 second Handstand against wall

#### STRENGTH DEVELOPMENT
- Partner Kettlebell Push: 3x7 reps each
  - work up to your heaviest 5 rep max

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

### ENDURANCE
- Run 10 miles

#### WARMUP
- 800m Run
  - 40x Kettlebell Swings
  - 10x Jumping Lunges

#### STRENGTH DEVELOPMENT
- Sandbag Lunge: 3x30 - superset each set with 10x Lateral Bounding (slide shuffle from cone to cone, spaced 15m apart)

#### CONDITIONING
- 3 Rounds for Quality Time:
  - max distance
  - 15x Air Squats
  - 10x Farmer Carry

### ENDURANCE
- Run 12 miles

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

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### PARTNER WARM UP
- 400m Run together
  - 3 rounds alternating reps:
    - back and forth:
      - 10x Partner Press
      - 10x Partner Wall Ball
      - 10x Partner Kettlebell Swings

### WARM UP
- Run: Alternating Reps
  - Run 400m Forward
  - Run 400m Backward
  - 20x Partner Kettlebell Swings
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### ENDURANCE/AGILITY DEVELOPMENT
- 60 x Alternating Toe Touches
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  - 5x 10sec Drift (moving laterally, sideways from cone to cone spaced 15m apart)

### CONDITIONING
- 15 x 1 minute Rounds:
  - 100 x Pushups
  - 10x Burpees

### ENDURANCE
- Run 10 miles

### WARMUP
- 1K Row: 3 rounds:
  - 5x Pull Ups
  - 10x Push Ups
  - 15x Air Squats

### STRENGTH DEVELOPMENT
- Deadlift: 4x10 (descend to the ground on each rep, slowly, >:03)

### CONDITIONING
- 5 Rounds of Quality Time:
  - Pull Sandbag Backwards 100m
  - 20x Broad Jumps
  - 15x Ring Row

### ENDURANCE
- Run as far as possible within the time:
  - 10x Burpees
  - 10x Single Arm KB Swing
  - 10x Hanging Knee Raise

### ENDURANCE
- Long run 15 miles

### NUTRITION TIP
- Don’t fear intense training. You need them to fuel your workouts.

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.

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
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</thead>
<tbody>
<tr>
<td><strong>WARM UP</strong></td>
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<tr>
<td>3 rounds: 250m Row 10x Kettlebell Swing 10x Burpees</td>
<td>Perform the following w/your Training Partner while carrying a sandbag. Trade off work as needed until Ground until all work is complete.</td>
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<tr>
<td><strong>STRENGTH</strong></td>
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<tr>
<td>Sumo Deadlift 5X12 Dumbbell Plank Row 3X20</td>
<td>3 rounds, not timed: 800m Sandbag Run, 16x 1 leg Dumbbell Deadlift (Knee) 25x V-Ups</td>
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<td><strong>ENDURANCE</strong></td>
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<td><strong>ACTIVE RECOVERY</strong></td>
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<td>Mobility work</td>
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<td><strong>CONDITIONING</strong></td>
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<tr>
<td>15min AMRAP: 90x Jump Rope 200m Run 15x Burpees 500m row</td>
<td><strong>CONDITIONING</strong></td>
</tr>
<tr>
<td>Mobility work</td>
<td>3 rounds for quality, not timed: 12x Sumo Deadlift 3x8, 20x lateral step ups w/80lb in Front Rack Position, 15x Strict Hanging Knee Raises</td>
</tr>
</tbody>
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**RUNNING BASELINE**
Set distance for distance. Run as far as possible within that time. Record distance. Focus on proper running form.

**WARM UP** 500m Row, 3 rounds: 12x Push Ups, 12x DB Press, 8x Ring Row

**STRENGTH**
Every Minute for 10 minutes: complete 8x1 arm Push Press (each arm), 8x1 arm Dumbbell Bent Over Row

**CONDITIONING**
6 Rounds for time: 10x Toss 2 Bar 15x Wall Ball 20x Kettlebell Swings 1 min. Rest

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

**NUTRITION TIP**
Drink Kombucha Tea. Your gut will enjoy the probiotics.

**RUNNING BASELINE**
Set distance for distance. Run as far as possible within that time. Record distance. Focus on proper running form.

**WARM UP** 800m Run, 3 rounds: 10x Burpees 10x Wall Ball Push Press (wall ball without the squat) 10x Push Ups

**STRENGTH**
3x8 Reversed Push Ups 3x8 Dumbbell Strict Press

**CONDITIONING**
7 minutes of the circuit: 7x Dumbbell Thrusters 10x Box Jump 2 min. rest 7 minutes of the circuit: 10x Single Arm KB Swings 20x Wall Ball

**ACTIVE RECOVERY**
Mobility work

**NUTRITION TIP**
Try a Natural energy boost. Drink Kombucha Tea. Your gut will enjoy the probiotics.
### WEEK 3

#### STRENGTH
- Double KB Push Press 5X3, then, 3X3 *Heavy*

#### CONDITIONING
- For 21 minutes, alternate between these two couplets:
  - Every Minute: 5x Pull Ups + 10x Push Ups
  - Odd Minutes: 10x Sit Ups
  - 20x Jump Rope

#### ENDURANCE
- Run 10 miles

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### WEEK 4

#### STRENGTH
- Single Leg KB Dumbbell 3X10 (each, focus on form)

#### ENDURANCE
- Run 8 miles

#### CONDITIONING
- Set a clock for 18 minutes. At the top of each minute, work to complete the following:
  - 8x Kettlebell Swings (15/25)
  - 10x Sit Ups
  - Once work is completed, rest remaining time. Intensity is what we are looking for!

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### REST
- Recharge before race day.

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### 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.

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### 1 MONTH TO GO