



12-Week Tough Mudder Preparation Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3x7 (reps/rounds) Dumbbell Push Press, then Tabata Pushups, then Run 400, Rest 1 minute, 2 Rounds	Run 2 Miles Run 50m with a 25 lb weight.	5 Rounds: 5 Dumbbell Thrusters 10 Tuck Jumps 15 Squats	Rest Day	5 Rounds for Time: 10 Pushups 10 Burpees 10 Situps	Run 2 Miles Run 100m with a 25 lb weight.	Rest Day
2	Weighted Pullups (1 rep, up to max weight). Then: Sprint 50m x 10	Run 3 Miles	5 Rounds: 10 Hollow Rocks 10 Push ups Run 200m	Rest Day	100 Burpees for time	Run 3 Miles	Rest Day
3	3x7 (reps/rounds) Dumbbell Push Press, then Tabata Pushups, then Run 400, Rest 1 minute, 4 Rounds	Run 3 Miles Run 100m with a 25 lb weight.	5 Rounds: 5 Dumbbell Thrusters 10 Tuck Jumps 15 Lunges 20 Squats	Rest Day	5 Rounds for Time: 10 Pushups 10 Burpees 10 Situps Run 200m	Run 3 Miles Run 100m with a 25 lb weight.	Rest Day
4	Tabata Dumbbell Push Press, then: AMRAP in 15 min: 5 Pull Ups 10 Pushups 15 Squats	Run 4 Miles	5 Rounds: 10 Hollow Rocks 10 Push ups 10 Tuck Jumps Run 200m	Rest Day	10 Rounds: 10 Burpees 10 Sit Ups	Run 4 Miles	Rest Day
5	Weighted Pullups (1 rep, up to max weight). Then: AMRAP in 15 min: 5 Pushups 5 DB Thrusters 5 Burpees	Run 4 Miles Run 150m with a 25 lb weight.	5 Rounds: 10 Dumbbell Thrusters 10 Lunges 10 Push ups	Rest Day	5 Rounds: Bear Crawl 25 m Burpee Broad-Jump 25 m	Run 4 Miles Run 150m with a 25 lb weight.	Rest Day



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6	3 Rounds: 10 Pullups 20 Pushups 30 Squats	Run 5 Miles	For Time: 200 Air Squats	Rest Day	10 Rounds: 10 Burpees 10 Sit Ups 10 Squats	Run 5 Miles	Rest Day
7	Tabata Dumbbell Push Press, then: AMRAP in 20 min: 5 Pull Ups 10 Pushups 15 Squats	Run 5 Miles Run 200m with a 25 lb weight.	For Time: 100 Burpees	Rest Day	4 Rounds: 25 Jumping Squats	Run 5 Miles Run 200m with a 25 lb weight.	Rest Day
8	5 Rounds: Pushups to failure, then: 6 Rounds: Bear Crawl 50 m	Run 6 Miles	For Time: 100 Burpees	Rest Day	21-15-9 Reps of: Air Squats Situps	Interval Running 45 minutes	Rest Day
9	4 Rounds: Run 200 10 Tuck Jumps Run 200 20 Pushups Run 200 30 Situps	Interval Running 45 minutes Run 250m with a 25 lb weight.	For Time: 100 Air Squats 100 Sit Ups	Rest Day	10 Rounds: 10 Burpees 10 Situps	Run 7 Miles	Rest Day
10	2 Rounds: 50 Push Press 50 Squats 50 Situps 50 m Sprint	Run 7 Miles	21-15-9 Reps of: Air Squats Situps DB Thrusters	Rest Day	For Time: 100 Burpees	Hill Running 45 minutes	Rest Day
11	3 Rounds: 10 Pullups 20 Pushups 30 Situps	Run 8 Miles	Light Run/Row for 40 minutes	Rest Day	Run 1 mile and do 10 pushups every minute on the minute.	10 Rounds: Hill Sprints 50 m Run 250m with a 25 lb weight.	Rest Day



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12	Run 5 miles, add intervals/hills	Light Run/Row for 40 minutes	Run/Row For 30 minutes at a steady pace	Rest Day, Stretch for 30 minutes	Rest Day, Stretch for 30 minutes	COMPETITION!	REST DAY & BEER!
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Warm-Up: Do the following each day for a warm-up: Light Dynamic Stretching for 5 minutes.

Run 200 meters, then complete 3 Rounds of: 5 pushups, 5 squats, 5 burpees, 5 lunges per leg

Strength Work: When using the dumbbells or a barbell, choose a weight suitable for your level. The weight should be heavy enough to be challenging, however, not so heavy that you lose form on any repetition. Remember, form before weight ALWAYS.

Reps/Rounds: If you see a number such as 3x7, this means 3 reps, 7 rounds. So you would set your desired weight, perform 3 reps and put it down. Then rest for at least 1 minute before beginning the next round. On the next round, the weight should be increased. Escalate weight every round until you reach your max. The last round should be very difficult to complete. Missed reps are OK!

AMRAP: As many rounds as possible (in the given time frame)

Tabata: Tabata means 20 seconds of work (as fast as you can) and 10 seconds of rest for 8 rounds. For example: Tabata Squats would mean when the time starts, I complete squats continuously for 20 seconds, as fast as I am able. After the 20 seconds, I rest for 10 seconds. Then I repeat the process for 8 rounds. The whole workout should take 4 minutes.

Interval Running: Interval running can be a mixture of many routines. An example would be a steady run for 100 meters, then sprinting for 50 meters, back to 100 meters of running, then sprinting again for 50 meters. This process would repeat for however long your prescribed workout lasts. You can be creative here, but keep it challenging.

Scaling: If the weight or the reps are too much for your skill/fitness level, scale it down. Remember, though, you get out of this fitness work what you put into this fitness work. Your goal should be to challenge yourself each day, unless it is a marked rest day or light day.

Extra Work: If you feel that you have more energy after completing the work for the day, go for it. You could cool down with the warm-up, repeat the workout at half speed, go for an additional run on your own, etc. Remember this schedule is meant to fit many different skill levels and it can be manipulated to fit your individual needs.



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Movement Demos:

Dumbbell Push Press: <http://www.youtube.com/watch?v=mnVAuakHUr0>

Air Squats/Squats: http://www.youtube.com/watch?v=a_fb6Kz7FQg

Situps: <http://www.youtube.com/watch?v=BfqRSCgXiVw>

Tuck Jumps: <http://www.youtube.com/watch?v=zh1v8jINBZ0>

Bear Crawl: <http://www.youtube.com/watch?v=ljZ7qRyZmXQ>

Burpees: <http://www.youtube.com/watch?v=21dvQyNiTjM>

Dumbbell Thrusters: <http://www.youtube.com/watch?v=BNTW7B09VJg>

Jumping Squat: <http://www.youtube.com/watch?v=yvUrtV6AJKs>

Hollow Rock: <http://www.youtube.com/watch?v=WxMtbEQFpnw>

Lunges: http://www.youtube.com/watch?v=JRh6_4rq-b8