

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 don't worry - 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, a hefty helping of stamina, and some committed teammates determined to see it through. Even if you're rocking the course 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 3-month training guide peppered with plenty of fun that'll have you as ready as can be when you step to the start line. All, some, just a few - however many exercises you can get through, your body will thank you in the end.

GET TOUGH, STAY TOUGH:

- \checkmark The fun lasts longer than the pain.
- ✓ Don't think. Fearlessness is your friend.
- \checkmark Nerves are part of the experience. Own yours.

HIGH-INTENSITY INTERVAL TRAINING:

Combining explosive exercise with short periods of rest is exactly what the course is about. Aside from helping you achieve Superman-like strength, HIIT workouts continue to burn calories long after you hit the showers.

HOW TO USE THE GUIDE:

There's a big difference between running a 5K and a full 10 mile course train accordingly.

Tough Mudder Full - Complete 3 Months Tough Mudder Half - Complete 2 months Tough Mudder 5K - Complete 1 month

OTHER WAYS TO TRAIN:

- Join live Wednesday workouts on Facebook from Tough Mudder Bootcamp hosted by top trainers.
- Workout in under 10 minutes anywhere, anytime with one of the quick HIIT circuits on our **YouTube** training playlist.





*TRAINING FOR **TOUGH MUDDER FULL?** START HERE.

Congrats on joining Mudder Nation and taking the first step on your Tough Mudder journey. Follow this Tough Training Guide and you'll be start (and finish) line ready in no time.

CONDITIONING

10X Burpee

REST

CONDITIONING

REST

CONDITIONING

REST

REST

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13 minutes to complete circuit as possible:

REST

STRENGTH

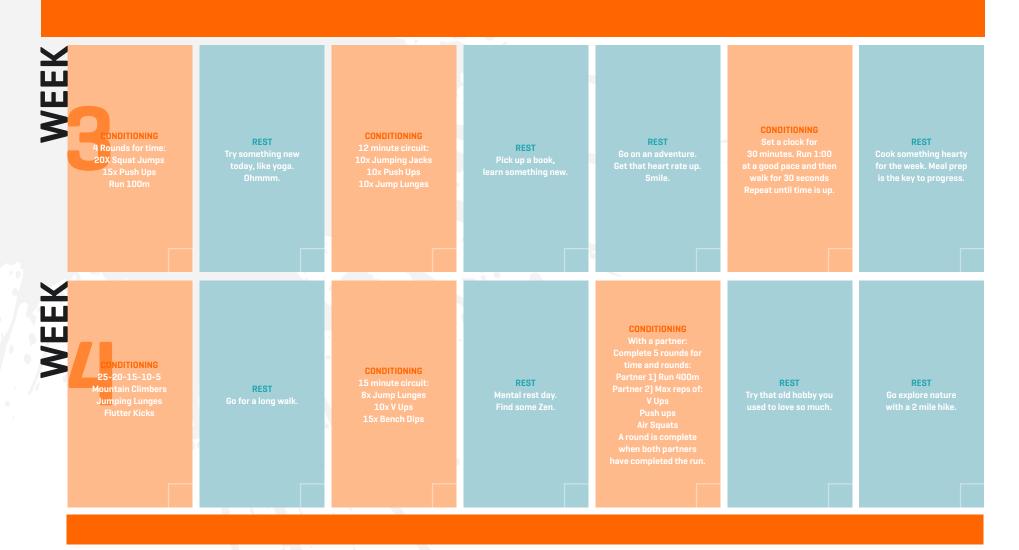
CONDITIONING

REST

REST

CONDITIONING

REST







*TRAINING FOR **TOUGH MUDDER HALF?** START HERE.

DON'T STOP BELIEVIN'

Event day is just two short months away. Pop on that playlist and get that body movin'. Don't let the couch win.

CONDITIONING CONDITIONING CONDITIONING CONDITIONING REST REST REST CONDITIONING CONDITIONING ONDITIONING 4 Rounds as fast as possible: 60x Jump Rope 20x Sit Ups REST CONDITIONING Try whipping up a healthy smoothie - like this.







You're one month from the starting line. Time to focus in. Take your training to the next level and hit event day in (mostly) peak condition.

CONDITIONING CONDITIONING CONDITIONING REST REST 12 Planked Hand Claps CONDITIONING then run DNDITIONING CONDITIONING 8x 400m Run Rest CONDITIONING REST REST REST REST -focus on your pacing.

You're almost there. Don't stop now.

CONDITIONING alternate between: CONDITIONING Row 200m CONDITIONING While Partner 1 is REST REST CONDITIONING working, Partner 2 is CONDITIONING holding a wall sit. WEEK CONDITIONING 4 Rounds of the following circuit: CONDITIONING 30 Jumping Jacks CONDITIONING REST 20 Squats REST REST **EVENT DAY** See you at the start-line.



