

A woman with blonde hair, wearing a dark t-shirt and gloves, is pulling on a thick rope in a mud run obstacle course. She is smiling and looking towards the camera. The background is a pile of wood chips.

CHALLENGE YOURSELF

The logo for Tough Mudder 5K, featuring a silhouette of a person running through flames above the text "TOUGH MUDDER" and "5K".

TOUGH MUDDER
5K

The logo for Tough Mudder Half, featuring a silhouette of a person running through flames above the text "TOUGH MUDDER" and "HALF".

TOUGH MUDDER
HALF

The logo for Tough Mudder Full, featuring a silhouette of a person running through flames above the text "TOUGH MUDDER" and "FULL".

TOUGH MUDDER
FULL

TRAINING GUIDE

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:

- ✓ The fun lasts longer than the pain.
- ✓ Don't think. Fearlessness is your friend.
- ✓ 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.

3 MONTHS TO GO

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

WELCOME, MUDDER

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.

WEEK	1	<p>CONDITIONING</p> <p>4 min. circuit: 15x Squats 15x Push Ups 2 min. rest</p> <p>4 min. circuit: 10x Burpee 30x Jump Rope 2 min. rest</p> <p>4 min. circuit: 10x Push Ups 10x Tuck Jump</p>	<p>REST</p> <p>Music makes the body move. Perfect that workout playlist.</p>	<p>CONDITIONING</p> <p>20-16-12-8-4 reps: Squats Push Ups Russian Twists</p>	<p>REST</p> <p>Ditch the gym. Hit the trail.</p>	<p>CONDITIONING</p> <p>18-15-12-9-6 Jump Squats Sit Ups</p>	<p>REST</p> <p>Go for a joy ride. Crank some tunes.</p>	<p>REST</p> <p>Channel your inner Bob Ross. Paint some happy trees.</p>
		<p>CONDITIONING</p> <p>13 minutes to complete as many rounds of the circuit as possible: 12x Push Ups 12x Pull Ups 200m Sprint</p>	<p>REST</p> <p>Pick up a book and flex your brain muscle.</p>	<p>STRENGTH</p> <p>Using an odd object or weight, do 20-30 Squats holding the weight close to the body.</p> <p>CONDITIONING</p> <p>4 Rounds as fast as possible: 10x Jump Squats 10x Burpees 10x Bicycle Crunches</p>	<p>REST</p> <p>Finish that thing that's been on your To-Do list for 2 years.</p>	<p>REST</p> <p>Mental health day. Come up with the best costume on course.</p>	<p>CONDITIONING</p> <p>Run 1.5 miles. Every 3 minutes, stop to do 5 Push Ups and 5 Lunges on each leg.</p>	<p>REST</p> <p>Take the single greatest nap the world has ever seen.</p>

3 MONTHS TO GO

WEEK

3

CONDITIONING

4 Rounds for time:
20x Squat Jumps
15x Push Ups
Run 100m

REST

Try something new today, like yoga. Ohmmm.

CONDITIONING

12 minute circuit:
10x Jumping Jacks
10x Push Ups
10x Jump Lunges

REST

Pick up a book, learn something new.

REST

Go on an adventure. Get that heart rate up. Smile.

CONDITIONING

Set a clock for 30 minutes. Run 1:00 at a good pace and then walk for 30 seconds Repeat until time is up.

REST

Cook something hearty for the week. Meal prep is the key to progress.

WEEK

4

CONDITIONING

25-20-15-10-5
Mountain Climbers
Jumping Lunges
Flutter Kicks

REST

Go for a long walk.

CONDITIONING

15 minute circuit:
8x Jump Lunges
10x V Ups
15x Bench Dips

REST

Mental rest day. Find some Zen.

CONDITIONING

With a partner:
Complete 5 rounds for time and rounds:
Partner 1] Run 400m
Partner 2] Max reps of:
V Ups
Push ups
Air Squats
A round is complete when both partners have completed the run.

REST

Try that old hobby you used to love so much.

REST

Go explore nature with a 2 mile hike.

2 MONTHS TO GO

***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.

WEEK

1

CONDITIONING

5 Rounds as fast as possible:
8x Box Jumps or Step Up
8x Slam ball

CONDITIONING

12 minute circuit:
10x Push Ups
20x Burpees
20X Mountain Climbers

REST

Stretch.
It feels so good.
We promise.

CONDITIONING

4 Rounds of the following circuit:
30 Jumping Jacks
20 Squats
30 High Knees
20 Sit Ups
30 Tuck Jumps
20 Reverse Lunges
30 Mountain Climbers
Rest 3:00

REST

Stretch.
Stay mobile, stay healthy.

CONDITIONING

4X 800m Repeats.
-Run 800m.
Rest ½ the time it took you to run.
Repeat for 4 total rounds.

REST

Prep healthy meals for the week ahead.

WEEK

2

CONDITIONING

4 Rounds as fast as possible:
60x Jump Rope
20x Sit Ups
15x Squats

REST

Cook a healthy dinner.

CONDITIONING

4 Rounds of the following circuit:
30 Jumping Jacks
20 Squats
30 High Knees
20 Sit Ups
30 Tuck Jumps
20 Reverse Lunges
30 Mountain Climbers
Rest 3:00

REST

Try whipping up a healthy smoothie - [like this](#).

CONDITIONING

Perform as many repetitions of the following movements in 12 minutes:
Squat Jumps
Banded Pull Ups
[Begin with 1 rep of each, then 2 reps of each, 3 reps of each, and so on until the 12 minute mark.]

REST

Soak up some sun.
Sip a brew or book a vacation.

CONDITIONING

Speedwalk or jog for 20 minutes.

2 MONTHS TO GO

WEEK

3

CONDITIONING
Run 400m
20x Push Ups
Run 800m
40x Squats
400m Run
20x Bench Dips

REST
Mental rest day.

CONDITIONING
18-15-12-9-6
Jump Squats
Sit Ups

REST
Try that old hobby you used to love so much.

CONDITIONING
Jog 1 mile.

CONDITIONING
4 rounds
1 Minute at each station:
10m Sprint
Burpees
Air Squats
Bicycle Crunches
1 min. rest

REST
Phone a friend and catch up for 30 minutes.
Build your Mudder team.

WEEK

4

CONDITIONING
Set a timer for 45 minutes.
Run as far as you can in that time.
Stop every 5 minutes, perform 6 Push Ups and 12 Mountain Climbers.

REST
Research healthy dinner recipes.

CONDITIONING
4 Rounds of the following circuit:
30 Jumping Jacks
20 Squats
30 High Knees
20 Sit Ups
30 Tuck Jumps
20 Reverse Lunges
30 Mountain Climbers
Rest 3:00

REST
Work on mobility in a yoga class.

CONDITIONING
5 Rounds as fast as possible:
10x Jump Lunges
10x Burpees

REST
Stroll the local book store and learn about something new.

CONDITIONING
Find some hills and do 30 minutes of cardio.
Enjoy the fresh air.

1 MONTH TO GO

***TRAINING FOR TOUGH MUDDER 5K? START HERE.**

IT'S TIME TO GO

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.

WEEK 1

CONDITIONING
With a partner
12 Partner Sit Ups
12 Planked Hand Claps
then run
400m together
Rest :20 and repeat
for 5 rounds

REST
Take a walk. Stop to
smell a flower or two.

REST
Brainstorm your
team name.

CONDITIONING
3 sets of 5 minutes
of work:
10 Squats
10 Push Ups
10 Sit Ups

REST
Google your event.
Envision awesome.

CONDITIONING
4 rounds
1 Minute at each station:
10m Sprint
Air Squats
Bicycle Crunches
1 min. rest

CONDITIONING
Jog 1 mile.

WEEK 2

CONDITIONING
8x 400m Run Rest
1 min.
-focus on your pacing.
Try and match your
last 400 to the pace
of the first.

REST
Stretch. It's the key to
staying fit.

REST
Mental health day.
Smile.

CONDITIONING
18 minute circuit:
10x Mountain Climbers
15x Jump Squats
20x Sit Ups

REST
Watch a movie with your
team. Our favorite:
Guardians of the Galaxy.

CONDITIONING
12 minute circuit:
800m run
15x Squats
30x High Knee
:30 Jump Rope

REST
Meal prep healthy lunches
for next week.

1 MONTH TO GO

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

WEEK 3

CONDITIONING

With a partner, alternate between:
20 Jumping Lunges
Row 200m
While Partner 1 is working, Partner 2 is holding a wall sit. Work continuously for 30 minutes.

No partner?
Take 20-30 seconds between exercises.

CONDITIONING

Mental grit training—do 30 Burpees.

CONDITIONING

4 Rounds for time:
60x Jump Rope
15x Push Ups
150m sprint
90 sec. rest
Immediately after, jog 1 mile at easy pace.
10x Burpees

REST

Ditch the gym. Hit the trail. Move slow.

CONDITIONING

15 Minutes of the following circuit:
21x Squats
12x Sit Ups
8x Burpees

REST

Team ice cream night. Indulge in your favorite Ben & Jerry's.

CONDITIONING
Jog 2 miles.

WEEK 4

CONDITIONING

4 Rounds of the following circuit:
30 Jumping Jacks
20 Squats
30 High Knees
20 Sit Ups
30 Tuck Jumps
20 Reverse Lunges
30 Mountain Climbers
Rest 3:00

REST

Get your event day bag ready to go.

CONDITIONING

5 Rounds as fast as possible:
8x Box Jump or Step Up
8x Slam ball

CONDITIONING

5 Rounds
Run 400 Meters
5 V-ups
5 Air Squats
5 Push Ups
Rest 30 seconds

REST

Call your team. Get pumped.

REST

Carbo-load and get ready to crush the course.

EVENT DAY
See you at the start-line.