

# TOUGH MUDDER? WE'VE GOT YOU COVERED.

**Training guide:** 1 Month to go



# LISTEN UP MUDDER.

This is starting to get real. Put down that pint, get off the couch and get serious. We can't promise to turn you into Jason Statham, but with the help of our friends at Virgin Active Health Clubs we'll make sure you hold your own out there. Pay attention, stay committed and remember, you'll get your pint when you cross the finish line.

The priority now is to protect yourself from injuries and maintain (or slightly increase) your strength, endurance and cardio fitness levels.


## How Often Should I Train?

### Frequency:

**Virgin Active's Mudder Maker Class:** 1 x per week

**Gym:** 2-3 x per week

**Run:** 2-3 x per week

Days	1	2	3	4	5	6	7
Week 1	Rest	Gym	Mudder Maker	3-4 Mile Run	Gym	Rest	4 Mile Run
Week 2	Rest	Gym	Mudder Maker	3-6 Mile Run	Gym	Rest	6 Mile Run
Week 3	Rest	Gym	Mudder Maker	3-6 Mile Run	Gym	Rest	4 Mile Run
Week 4	Rest	Gym	Mudder Maker	2-3 Mile Run	Gym	Rest	

**MUDDER MAKER**



## **MUDDER MAKER 2.0**

Mudder Maker is one of Virgin Active's toughest classes to date. A 45 minute circuit class that's been specifically designed to push Mudders-in-training to their physical and mental max ahead of their event.

Look up when & where the classes are at [virginactive.co.uk](http://virginactive.co.uk), grab your guest pass and head down to your local club for a seriously calorie guzzling class that will test fitness, agility and strength, but with less mud!

# GYM TRAINING

During your 2-3 weekly gym training sessions, complete all exercises in the below circuit to help build your strength and cardiovascular fitness ahead of your Tough Mudder challenge.

## Sprints

### 4 x 800m sprints at maximum effort



Take loads of rest in between - you'll want to feel close to 100% before you run again. Rest longer and sprint faster.

## Strength circuit

Do the following exercises one after the other with no rest. Repeat the circuit 4 times, with 2-3 minutes rest in between each round.

### Deadlifts - light load of 15 reps



Start with the barbell on the floor. Place your toes under the bar and feet hip width apart. With your back straight and chest out, grab hold of the bar. Drive through the heels, maintaining your chest/back posture and stand up keeping the arms locked out. Lower the bar back down to tap the floor.

## Overhead Press – light load of 15 reps



Start with the bar at your chest and narrowly grip it with the thumbs the same side as your fingers. Push the bar above your head as shown above, and then return it to your chest.

## Bent Over Rows – light load of 15 reps



Fix your legs, hips and torso in position 1. Using arms only, pull the bar up to the bottom of the rib cage with your elbows slightly pointed out, then return back to the start position.

## Functional Circuit 1

Complete the following circuit with no rests in between exercises, rest for 30 seconds, then repeat the circuit.

**Exercises: Sit Kicks x20, Body Drops x10, Sit Kicks x20, Cobra Push Ups x10, Sit Kicks x20**

### Sit Kicks



Starting in a push up position, bring your feet slightly in with your knees towards your chest. Kick your right foot through the arch between the left foot and your hand until the leg is straight and you're sat down. Ensure the left foot is flat on the floor and the left knee is up high. Bring your leg back to the start and swap sides. Keep both palms flat on the floor throughout.

### Body Drops



Lie flat on the floor, face down and lift your hands up to tap the back of your head. Place the hands back down and run your feet in, to stand up straight as fast as possible. Run your feet back out and drop down to start position. Your hands lying down should be in line with your feet whilst standing.

### Cobra Push Ups



From a stable push up position place your arms at shoulder width and a half. Lower yourself down as far down as your range allows, then to the left, and to the right. Head back to the middle before you push up to the top.

## Functional circuit 2

Complete all exercises in the following circuit with no rests in between. Repeat the circuit 3 times, with a 30 second rest in between each one.

**Exercises: 1/2 Hindus x10, Reverse Bear crawl (out and back) x5, Cobra push ups x10, Reverse Bear crawl x5, Sit Kicks x20**

### 1/2 Hindus



From a press up position, jump your feet out to double the hip width. Push your hips back and high in the air, keeping your arms straight in the a-frame position. Now bend your elbows as you scoop through into a downward dog position, keeping your legs off the floor and your arms locked out. With your arms straight, push the hips back to the a-frame.

### Reverse Bear Crawl



Mark out a 5m strip. Crawl forward as fast as possible, then reverse bear crawl (facing the same way) back to the start.

# RUNNING TRAINING

## **2 runs per week**

The hard graft has been done. The aim now is to maintain fitness levels and stay injury free.

### **1 hill/trail run**

**1 endurance run, for no longer than 8 miles. Do 6 miles maximum the week before your event.**