

TOUGH MUDDER? WE'VE GOT YOU COVERED.

Training guide: 2 Months to go



LISTEN UP MUDDER.

Congratulations on signing up, you've just taken the first step towards the finish line and that orange headband. With the help of our friends at Virgin Active Health Clubs, we'll make sure you're still standing when you get there.

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	Gym	3 Mile Hill Run	Mudder Maker	Gym / Rest	Gym	Rest	8 Mile Run
Week 2	Gym	5 Mile Hill Run	Mudder Maker	Gym / Rest	Gym	Rest	10 Mile Run
Week 3	Gym	3 Mile Hill Run	Mudder Maker	Gym / Rest	Gym	Rest	8 Mile Run
Week 4	Gym	5 Mile Hill Run	Mudder Maker	Gym / Rest	Gym	Rest	12 Mile Run

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, 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, aim to complete all 4 circuits in a session. If you're running short on time, complete Circuit 1 or Circuit 2 + Strength Circuit + the 'Sit Kick' challenge. These exercises will help to build your strength and cardiovascular fitness ahead of your Tough Mudder challenge.

Circuit 1

1 x 200m sprint at maximum effort



Sprints can be done on a treadmill or on the gym floor.

Deadlifts - heavy load for 5 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.

Bear Crawls - 5 x 5m



Mark out a 5m strip. Crawl forward as fast as possible, then reverse bear crawl (facing the same way) back to the start. Repeat 5 times with no rest. Take a 2 min recovery + 3 repeats.

Circuit 2

1 x 200m gentle jog at 5-7.5% incline



Dumbbell Lunges - medium load for 5 reps per leg



Step forward and plant your front foot solidly on the floor, rising onto your back toes. Pause before you lower the back knee towards the floor. Ensure your spine stays in neutral and you don't tilt forward from the hips. Control the step back and sit your legs. Try to avoid the dumbbells swinging during the movement.

Push Press - medium load for 10 reps



Start with a bar at the chest. Using a shoulder width grip, perform a 1/4 range squat, just enough to use hip power to press the bar above your head to full extension. When lowering down, squat as soon as the bar gets to your chest to keep the exercise flowing smoothly.

Dead Man Body Drops – 20 Reps



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.

Take a 2 min recovery + 3 repeats

Strength Circuit

Kettlebell Swings - medium load of 20 reps

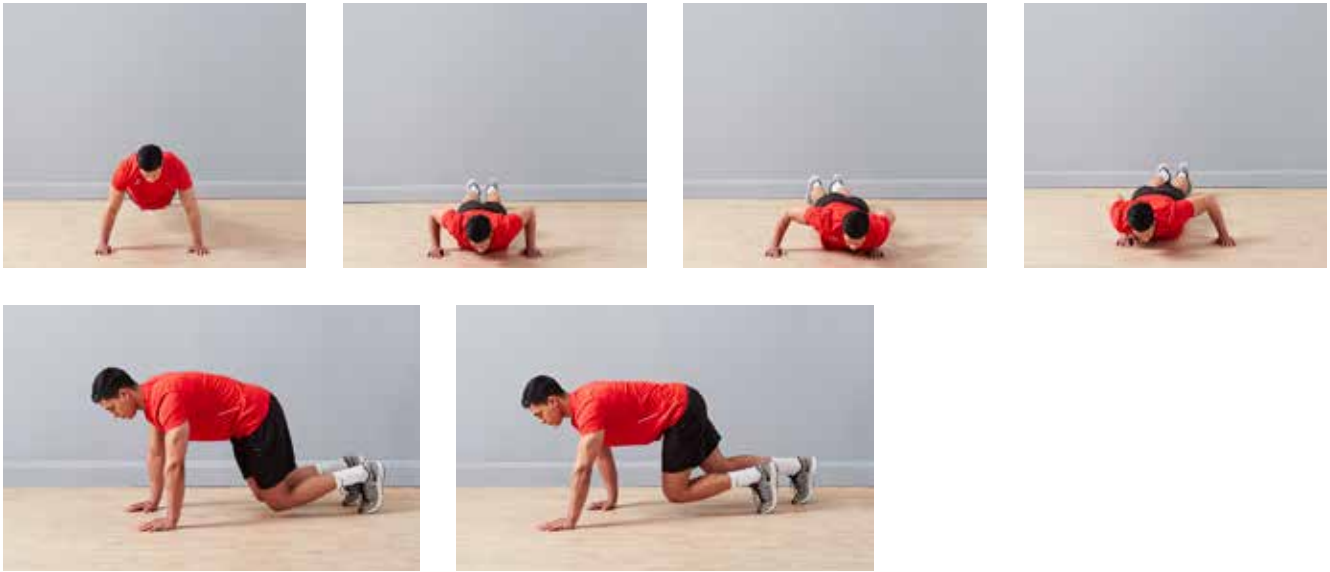


Stand with feet shoulder-width apart, toes pointed out, and knees slightly bent. Hold a kettlebell between your legs using a two handed, overhand grip.

Keeping the arch in your lower back, bend your hips back until the kettlebell is between and behind your legs; squeeze your glutes to extend your hips and swing the weight up. Let the weight swing back between your legs as you bend your hips and slightly bend your knees. Extend your hips and knees to reverse the momentum as you immediately begin the next rep.

Take a 2 min recovery + 3 repeats

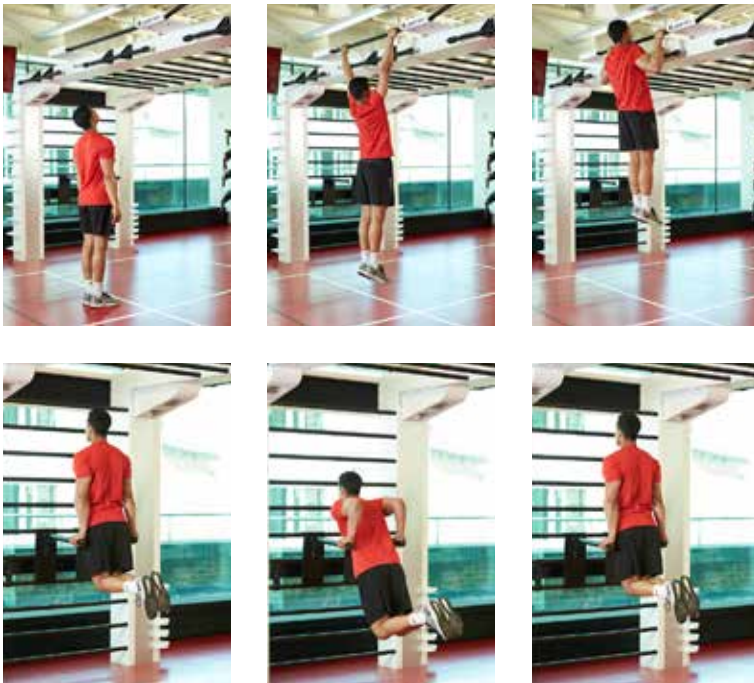
Cobra Push Ups x10 to Bear Crawls x5



Cobra Push Ups x10 - 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.
Bear Crawls x5 - crawl 5m out then stand up and shuffle backwards on your feet.

2 minutes recovery + 5 repeats.

Wide Arm Pull Ups - 5 reps, Tricep Dips - 5 reps



Pull ups x5 - Take a wide grip on the bar with an overhand position and pull your chest up to the bar. Avoid "kipping". Use an assisted machine if required.

Tricep Dips x5 - Use the parallel bars. Start with your arms locked out at the elbow, legs curled back and your feet crossed over. Keep facing forward with your chest out. Bend at the elbows to maximum range so you can get back to full lock out.

2 minutes recovery + 5 repeats.

Sit Kick Challenge



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.

Beginners should do 40 reps, intermediates 50 reps and advanced try 60 reps.

You have 60 secs to complete all reps.

Give yourself 60 seconds plus the leftover time you had from the first 60 seconds to rest. Repeat the above- it will get harder every time. When you can no longer complete all reps within 60 secs, stop.

Record how many rounds you've completed, and how many reps you achieved in the final, failure round (e.g. 3 rounds complete, 30 reps in failure round).

When you complete 5 rounds, add 10 reps for the next time.

RUNNING TRAINING

3 runs per week

1 endurance run per week

Week 1 – 8 miles

Week 2 – 10 miles

Week 3 – 8 miles

Week 4 – 12 miles

1 hill run per week -make it steep, make it long and repeat.

1 cross country/ trail run per week- time to get muddy and wet.

Try to add in some river crossings or beach/lake runs but remember, safety first. Make sure you wear the right kit too: trail shoes and stay warm/compression gear.