

TOUGH MUDDER? WE'VE GOT YOU COVERED.

Training guide: 3+ Months to go



CONGRATULATIONS MUDDER

By starting to train now you're going to be better off than most people dragging themselves through the obstacles out there on the course. But that doesn't mean you can get complacent. To keep you on track for the big day, we've teamed up with our friends at Virgin Active Health Clubs to ensure that when standing with your team at the start line, it's you they'll want leading the way.

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 Run	Rest/ Mudder Maker	Gym	Gym	Rest	4 Mile Run
Week 2	Gym	3 Mile Run	Rest/ Mudder Maker	Gym	Gym	Rest	5 Mile Run
Week 3	Gym	3 Mile Run	Rest/ Mudder Maker	Gym	Gym	Rest	6 Mile Run
Week 4	Gym	3 Mile Run	Rest/ Mudder Maker	Gym	Gym	Rest	8 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, complete the exercises here every session to improve leg and upper body strength, as well as cardiovascular fitness.

What weights to use?

You need to be challenged, but still feel able to complete the reps stated in each individual programme.

Increase weights only if you have good form. Try small increments first (1.25kg per side on barbells or the next dumbbell up). Lower the weight if your posture gets weaker. Always seek guidance from a trainer if you're unsure of technique.

Light Load – builds endurance muscle fibres

Medium Load – builds endurance and strength muscle fibres

High Load – builds strength muscle fibres

Leg Strength

Build up your leg muscles and joints so they're strong enough to withstand the gruelling 13 miles.

Deadlifts – light load, 3 sets 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, move your hips backwards to allow for a slight bend in the knee, and 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 and repeat 15 times.

Squats - medium load, 2 sets of 10 reps



In the squat rack, grip the bar and lower yourself underneath, placing it on the shoulders. Lift off the rack with chest out and neutral spine. Shuffle the feet backwards slightly away from the rack, placing the feet just over hip width. Move the hips slightly backwards and bend the knees. Ensure the heels never lift off the floor and the knees are in line with the toes. Stand back up, keeping your head facing forward and your chest out.

Lunges - medium load, 2 sets of 5 reps per leg



Sit the bar on your shoulders. Step forward and plant the 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 swap legs.

Upper Body Strength

Lateral Pull Down – medium load, 3 sets of 10 reps



Using the fixed weight lateral pull-down machine, take an overhand, shoulder width grip. At a controlled speed, pull the bar down to the centre of your chest and back to full extension.

Bench Press – medium load, 3 sets of 10 reps



Using the fixed weight chest press machine, sit down with the handles roughly at armpit height. Take a medium width grip and extend the elbows until they're fully locked out. Always lower down until a stretch is felt across the chest

Dumbbell Bicep Curls – light load, 3 sets of 15 reps



Find a wall to lean against. With a dumbbell in each hand lean your back flat against the wall and walk your feet out then slide down the wall. This will stop any swinging from the hips and isolate the arms. Arms by your side, face the palms inwards and curl the weight to your chest, twisting the dumbbell so your palms faces inwards again.

Dumbbell Shoulder Press – light load, 3 sets of 15 reps



Start with the dumbbells at your chest and palms facing inwards. Push the arms above your head to full lock out the elbows then twist them so your palms are facing outwards. Return them back to the chest at a controlled pace.

Increase weights where possible, but only with good form.

Sprint Training

First taste of what it's going to be like to put your cardiovascular fitness to the test.

2 Min Warm up Jog

30 Sec Max Sprint

60-90 Sec Gentle Jog

Complete 5 rounds. Aim to increase sprint speed, not recovery speed.

Endurance Training

2-3 road runs per week - work up to a comfortable distance of 8 miles.

Allow at least 36 hours rest between runs for full recovery.