YOUR TOUGH MUDDER JOURNEY STARTS NOW

Regardless of your fitness level, or gym membership status, we’ve designed these guides to help get you ready for the startline.

Training for a Tough Mudder can be intimidating, but you don’t need six-pack abs, or have to run a half-marathon to complete the course. Truth is, the only thing you need is some strength, mental grit, and hardcore teammates. Whether you sign up solo, or with a group, once you step foot onto Tough Mudder soil all of Mudder Nation will be there to help you cross the finish line.

Training is the first challenge you’ll conquer on your quest for mud. Just like obstacles on the course, if you want to skip any of these exercises, go ahead - only you know what’s right for your body.

GET MENTALLY STRONG:
✓ Remember, the pain won’t last forever, but the glory will.
✓ Be fearless, don’t overthink everything.
✓ It’s okay to be nervous. Everyone is. Own it.

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. Learn more about the benefits of High-Intensity Training [here](#).

STRETCHING 101:
Quit skipping the most important part of your workout. You’re about to embark on a life-changing fitness journey and the key to doing that free of injury is to make sure you’re taking care of your body. Check out these moves that’ll help you get limber and loose pre and post-event.

DON’T FORGET:
Tough Mudder isn’t a race, it’s a challenge. Not every workout you complete is going to be your best, but the important part is taking the first step. Some days you’ll feel like you can crush Everest 2.0 solo, others your goal will be to just get moving - and that’s OK.
**DON’T GIVE UP**

Hang in there, you’re 2 months away from event day. Download your favorite playlist and get ready to sweat.

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
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<tbody>
<tr>
<td><strong>DAY 1</strong></td>
<td><strong>DAY 2</strong></td>
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<tr>
<td>RUN/WALK: 1 Mile</td>
<td><strong>5 ROUNDS:</strong> 100M Sprint 20 Jump Squats 5 Pull Ups 1 Minute Rest</td>
<td>RUN: 1 Mile</td>
<td>Even the most hardcore athletes need a good stretch - go get bendy.</td>
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<tr>
<td><strong>12 MINUTE CIRCUIT:</strong> 10 Pull Ups 10 Dumbbell Thrusters 20 Flutter Kicks Rest Remainder of Minute</td>
<td><strong>5 ROUNDS:</strong> 20 Goblet Squats 15 Leg Levers 10 Shoulder Push Ups 1 Minute Rest</td>
<td>Ab Circuit</td>
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<tr>
<td><strong>DAY 5</strong></td>
<td><strong>DAY 6</strong></td>
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<tr>
<td><strong>2 ROUNDS:</strong> 100 Jump Ropes 15 Kettlebell Swings 15 Toes to Bar 15 Box Jumps 15 Dumbbell Push Press 15 Pull Ups 15 Ski Jumps 1 Minute Rest</td>
<td>RUN: 2 Miles</td>
<td>Team Brunch: Bring on all the pancakes, waffles and bacon.</td>
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<td><strong>12 MINUTE CIRCUIT:</strong> 10 Pull Ups 10 Dumbbell Thrusters 20 Flutter Kicks Rest Remainder of Minute</td>
<td><strong>30 SECONDS EACH 4X CIRCUIT:</strong> Lunges Kettlebell Swings V-Ups Goblet Squats Tricep Push Ups</td>
<td><strong>RUN:</strong> 2 Miles</td>
<td>Pack a picnic for your team and enjoy Nature’s Gym.</td>
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<td><strong>3 ROUNDS:</strong> 1 Minute Bodyweight Jump Squats 1 Minute Superman 1 Minute Hanging Leg Raises Rest After Each Minute</td>
<td><strong>RUN:</strong> 3 Miles</td>
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<td>Pour a tall glass of lemonade &amp; soak in the scenery.</td>
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<td><strong>DAY 8</strong></td>
<td><strong>DAY 9</strong></td>
<td><strong>DAY 10</strong></td>
<td><strong>DAY 11</strong></td>
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<tr>
<td><strong>RUN:</strong> 3 Miles</td>
<td><strong>3 SETS EACH:</strong> 30 Mountain Climbers 20 Russian Twists 5 Crossover Pull Ups (Complete all sets of each exercise before moving on next)</td>
<td><strong>RUN:</strong> 3 Miles</td>
<td>Channel your inner yogi &amp; find some peace on the mat.</td>
</tr>
<tr>
<td><strong>5 ROUNDS:</strong> 1 Minute Jump Squats 1 Minute Kettlebell Swings 1 Minute Pull Ups Rest 15 Seconds After Each Minute</td>
<td><strong>RUN:</strong> 3 Miles</td>
<td><strong>RUN:</strong> 3 Miles</td>
<td>Get your hands dirty. Volunteer with your team and plant some trees.</td>
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<td><strong>AB CIRCUIT OPTIONS</strong></td>
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<tr>
<td>V-Ups Penguin Taps Overhead Sit-Ups Bicycle Crunches Toe Touches</td>
<td>Forearm Plank Left Side Plank Right Side Plank Shoulder Tap Plank</td>
<td>Forearm Plank Toe Touch Russian Twist Oblique Crunch</td>
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<tr>
<td><strong>TRAIN DIGITALLY:</strong> Click here to learn more about this workout on the Microsoft Dashboard. Download it to your Microsoft Band, challenge your team and track your fitness goals.</td>
<td><strong>ACTIVE RECOVERY:</strong> Get moving, but nothin’ too rigorous - whether it’s a hike, a stroll, or a good stretch. Your goal for the day: MOVE.</td>
<td><strong>RECHARGE:</strong> On rest day, go to your happy place, hang with your team, stay positive, or call upon your spirit animal. But most importantly, get prepared to kick ass again next week.</td>
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</table>
# IT’S GO TIME

Things are getting real. You’re 1 month away from the start line which means it’s time to kick your training into high gear.

## Day 1

**Run:** 3 miles

**12 Minute Circuit:**
- 5 Renegade Rows
- 1 Minute Jump Squats
- 1 Minute Hanging Leg Raises
- Rest Remainder of Minute

## Day 2

**Run:** 4 miles

**12 Minute Circuit:**
- 10 Squats
- 5 V-Ups
- 20 Push Ups
- Rest Remainder of Minute

## Day 3

**Run:** 3 miles

**Ab Circuit**

- Go for a stroll.
- Stop & smell the roses, skip the selfie.

## Day 4

**Run:** 4 miles

**Ab Circuit**

- Hit the hiking trails, play in the mud - don’t forget to pack the sunscreen.

## Day 5

**5 Rounds:**
- 100M Sprint
- 20 Jump Squats
- 5 Pull Ups
- 1 Minute Rest

## Day 6

**Run:** 5 miles

**Ab Circuit**

- Flex your brain muscle. Put down your phone & pick up a book, remember those?

## Day 7

**Run:** 6 miles

**Ab Circuit**

- Grab a pint of ice cream & dig in. You deserve it.

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**Train Digitally:** Click here to learn more about this workout on the Microsoft Dashboard. Download it to your Microsoft Band, challenge your team and track your fitness goals.

**Active Recovery:** Things are getting real. You’re 1 month away from the start line which means it’s time to kick your training into high gear.

**Recharge:** On rest day, go to your happy place, hang with your team, stay positive, or call upon your spirit animal. But most importantly, get prepared to kick ass again next week.