

# Beginner Mud Run and Obstacle Course Event Training Guide



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# Congratulations

Firstly, congratulations on signing up for a Mud Run/Obstacle Course

These events are rapidly increasing in popularity as they test your strength, endurance, and also your mindset. They are tough, but extremely fun, varied and you will get a huge amount of satisfaction in getting through one.

Hopefully you've signed up with some friends, family, or work colleagues, as the events are really geared towards team work. So if you haven't, then ask around and recruit some others.

## Who is this guide for?

This guide has been designed for beginners; for someone who enjoys running or a challenge, and wants to develop strength, stamina, confidence and team skills.

It is made up of two runs, and three strength circuits per week. The sessions will increase in duration and intensity over the weeks, to ensure you are ready for your goals. A lot of the circuits are similar, but the progressive nature allows your body to adjust to the demands of the training.

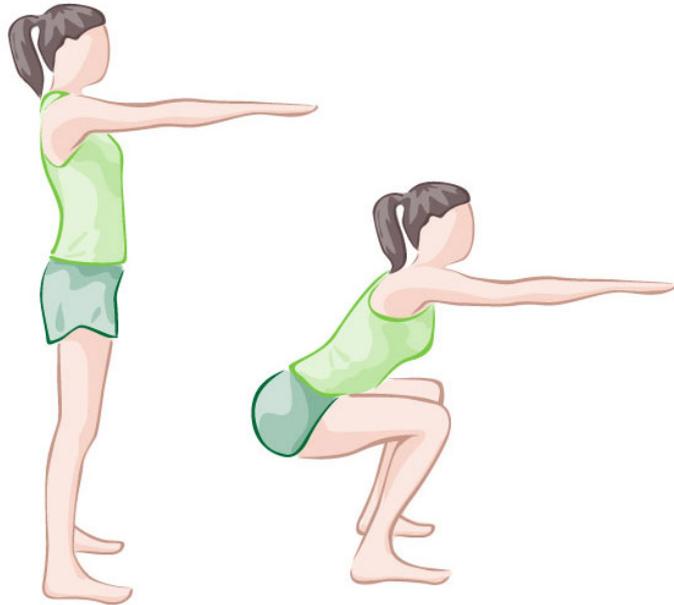
## Training guide structure

Your first 6 weeks of training will help build a solid base of strength and fitness. Week seven is more of a recovery week, but there's still a tough Sunday circuit scheduled. Training continues and after 12 weeks of total training, you should be ready to take on a 10 mile/16km event. From week four you will be doing a weekly 6.3 mile/10km tempo run. The aim is to get quicker, which will show measurable progression. Thursday's run is more of an interval session, which will improve your anaerobic function. The mid-week strength circuits are varied, and your Sunday circuit will include interval runs alongside a tough circuit to replicate a typical obstacle course event.

# The exercises

The 14 exercises you will be doing are

## 1. Squats



This is a very simple but effective exercise, designed to strengthen your quads, glutes, and hamstrings whilst also engaging your core.

Method:

1. Stand with your feet a hip-width apart and your arms by your sides.
2. Extend your arms in front of you so that they are parallel to the ground with your palms facing down.
3. Keep your back as straight as possible during the course of the exercise, as a rounded back will cause unnecessary stress on the lower back.
4. Begin the exercise by slowly retracting your hips as you bend your knees and lower your trunk towards the ground.
5. As your behind begins to stick out, ensure your shoulders, chest, and back are upright, with your head facing forward. This will allow your spine to remain neutral.
6. Lower yourself as low as your body will allow in order to achieve the full effect of the exercise. The optimal squat depth is when your hips are below your knees.
7. Once you reach your optimum squat depth exhale whilst pushing up through your heels and return to your starting position.

## 2. Squat jumps

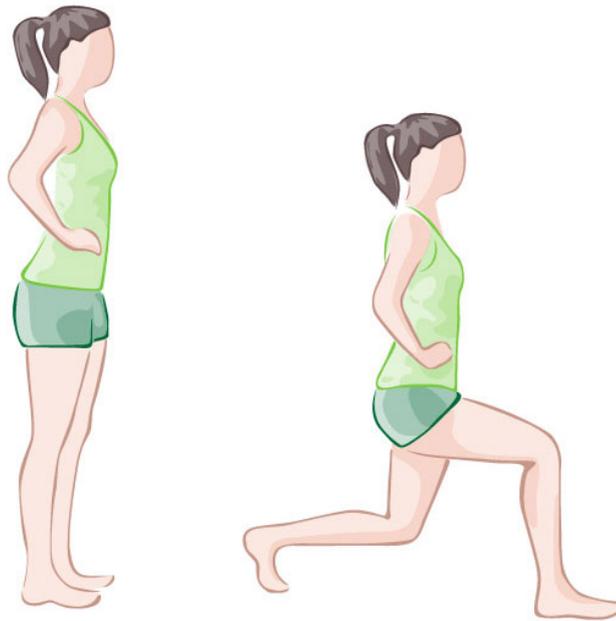


Squat jumps will help you develop explosive power that will aid you in a host of elements during an obstacle race or mud run.

Method:

1. Stand straight with your feet a shoulder width-apart, and your toes slightly pointing outwards, this will help you to balance when you begin to lower your body.
2. Begin the exercise by slowly retracting your hips as you bend your knees and lower your trunk towards the ground.
3. As you lower your body allow your arms to fall behind you (this will aid you in getting momentum for your jump later on).
4. As your behind begins to stick out, ensure your shoulders and chest are upright, with your back straight and your head facing forward, this will allow your spine to remain neutral.
5. Lower yourself as low as your body will allow, before thrusting up through your heels and leaping off the floor, simultaneously raising your arms above your head.

### 3. Lunges

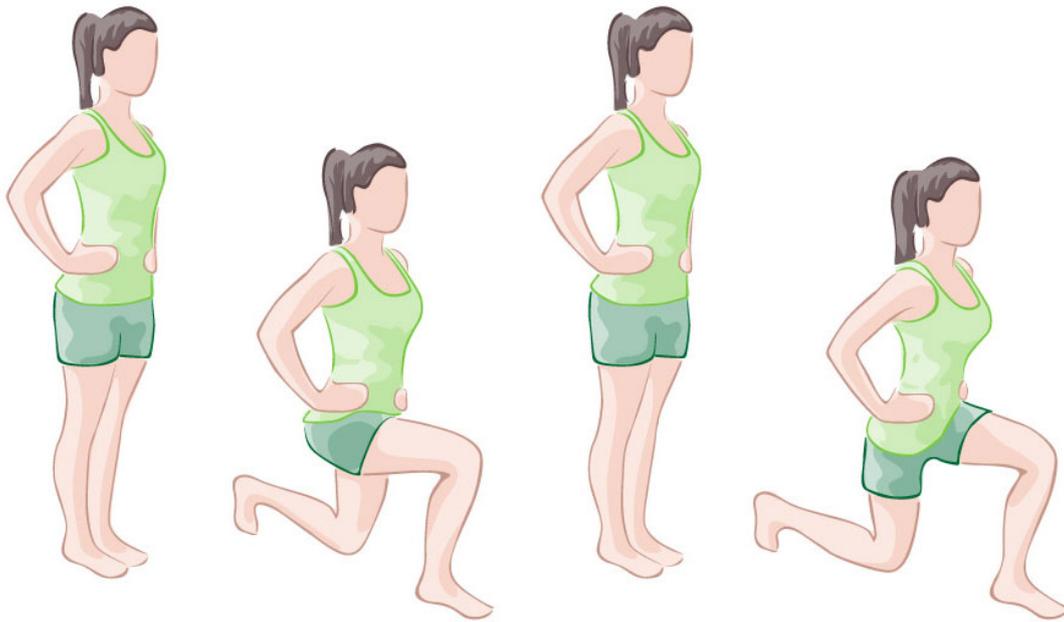


This is an ideal exercise for those looking to strengthen their glutes. It will also give your hamstrings a good workout, strengthen your quadriceps and engage your core muscles.

Method:

1. Stand up straight with your legs at a hip-width apart.
2. Step forward approximately 2-3 feet (0.6 to 0.9) with your right foot, keeping your back straight and your arms down by your sides gazing forward at all times and keeping your head static.
3. Lift the heel of your left foot off the floor but ensure that your toes remain planted.
4. Step forward with your right foot, bend your knees until they are at a 90-degree angle. Make sure that your right knee is directly above you right ankle, but do not allow your left knee to touch the floor. You should feel tension in your hamstrings and your thighs as you reach this stage.
5. Hold this position for 5 seconds before returning to the starting position by pushing back on your right heel.
6. This is one repetition – repeat the process with the opposite leg.

## 4. Walking lunges

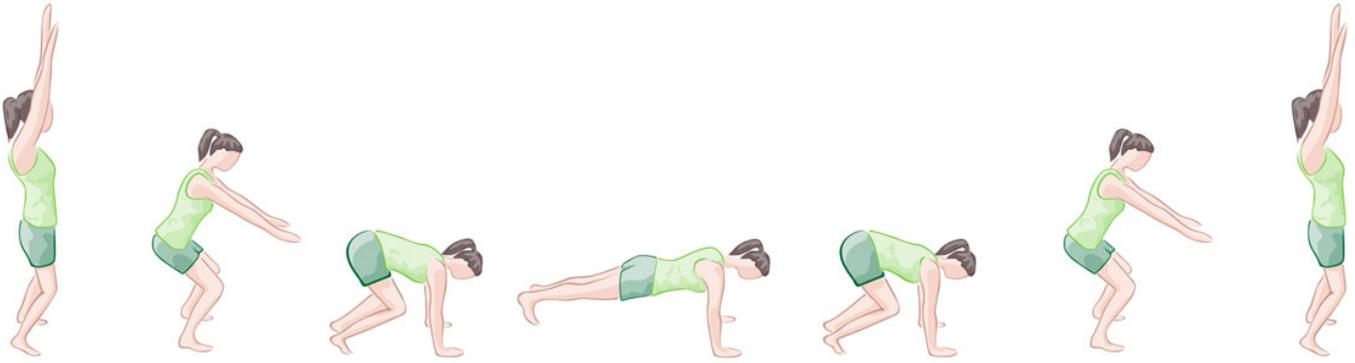


The walking lunge works the same muscle groups as the stationary lunge but at an increased intensity and develops strength of the core muscles.

Method:

1. Stand up straight with your legs at hip-width apart.
2. Step forward approximately 2-3 feet (0.6 to 0.9) with your right foot, keeping your back straight and your arms down by your sides and gazing forward at all times and keeping your head static.
3. Lift the heel of your left foot off the floor but ensure that your toes remain planted.
4. Step forward with your right foot, bend your knees until they are at a 90-degree angle. Your right knee should be directly above you right ankle, and should never touch the ground. You should feel tension in your hamstrings and your thighs as you reach this stage.
5. Next push your trailing leg off the floor keeping your core tight to maintain balance and bringing your trailing leg up to your forward leg foot.
6. Repeat the process with your left leg – this is one repetition.

## 5. Burpees

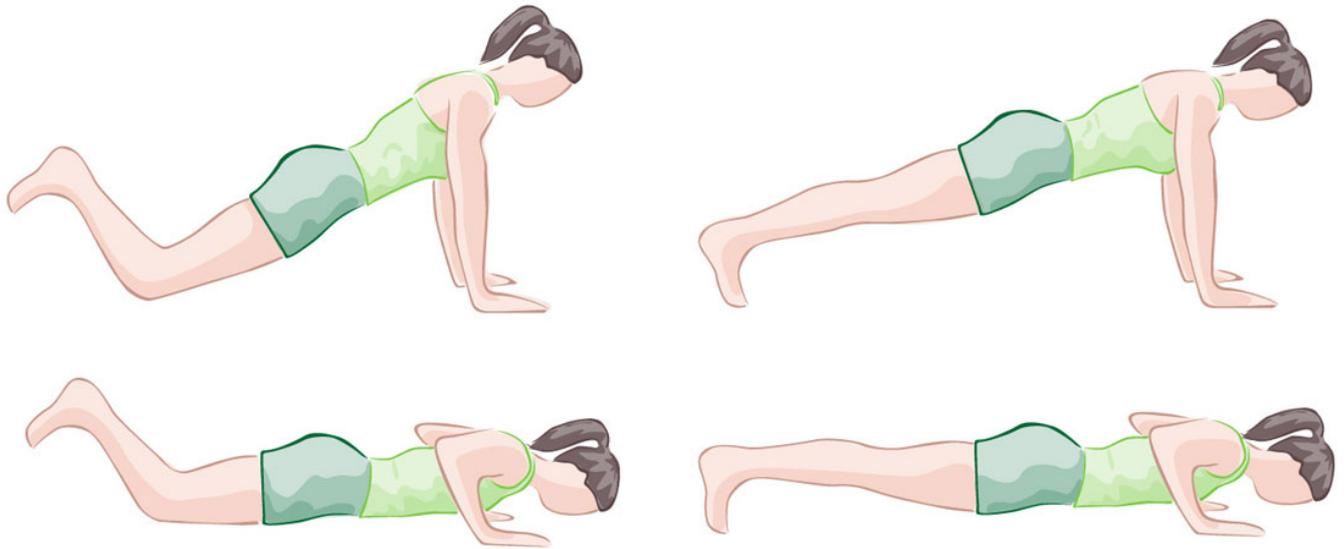


A burpee is a high intensity exercise that requires a full range of motion. It includes a squat, a push up and a vertical jump.

Method:

1. Stand with your feet a hip-width apart and your arms by your sides.
2. Lower your body into a squat position and place your hands flat on the floor in front of you a shoulder width apart.
3. Kick your legs back simultaneously.
4. Your body should now be completely horizontal with your arms locked straight (remember to keep your behind tucked in and your back straight) – this is the press-up position.
5. Lower your body so that it is almost touching the ground by bending the elbows, then push up to the press-up position – this is known as a press-up.
6. Immediately thrust both feet forward so that you return to the squat position.
7. Jump up and raise both hands above your head – this counts as one repetition.

## 6. Press-ups



This is a classic muscle-building exercise designed to increase strength in your chest, triceps and biceps.

Method:

1. Begin by kneeling on a flat surface and bending forward, placing your hands palms-down slightly wider than a shoulder width apart in front of you, and locking your elbows, keeping your arms straight.
2. Make sure your back is straight, and your feet are interlocked and off the floor.
3. Now lower yourself towards the floor by bending your elbows, maintaining a rigid posture through your back, neck and head – gazing straight down, until your nose almost touches the floor.
4. When you reach this position push up using your arms and return to the original position – this counts as one repetition.
5. To increase the difficulty step both of your legs back with your toes on the floor to achieve the full press-up position and repeat the previous steps.

## 7. Dips

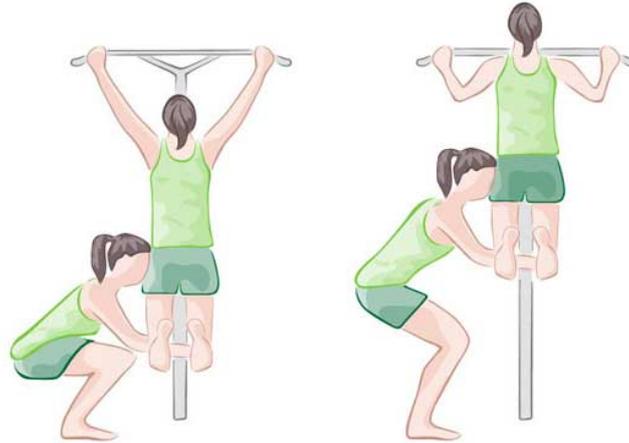


Relying largely on your arms to lift your bodyweight, dips are perfect for developing arm strength.

Method:

1. For this exercise you will need a box, step, chair or bar that can hold your weight (for the purposes of this example we will use a box).
2. Begin by facing away from the box and sitting down with your legs and torso at a 90-degree angle with your back against the box.
3. Place the palms of your hands on the edge of the box a shoulder-width apart resting the heel of your hands on the edge of the box.
4. Now straighten your arms, pushing against the box and lifting yourself up off the floor.
5. Keep your legs straight with your toes facing upwards during the course of this exercise.
6. Lower yourself until your behind is nearly touching the floor, then immediately lift yourself up again – this is one repetition.

## 8. Pull-ups

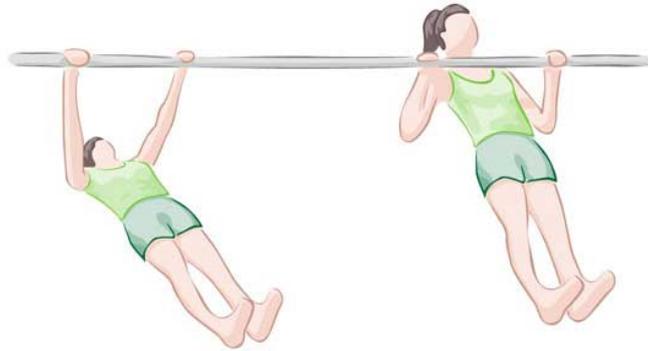


Pull-ups can prove to be quite difficult for those setting out on their obstacle race/mud run training as they require a lot of upper body strength.

Method:

1. Using a pull-up bar, grip the bar (more with your fingers than the palms of your hands) – with your hands slightly wider than your shoulder width.
2. Your arms should be straight and your palms facing outwards.
3. Keeping your abs tight lift your body off the floor, using only your biceps and back muscles.
4. To help keep your body centred as you lift yourself try crossing your feet beneath you as you raise yourself.
5. Once your chin reaches the bar, lower yourself slowly until your arms are almost fully extended – this counts as one repetition.

## 9. Inverted row



The inverted row is the ideal workout for those looking to strengthen their upper back, particularly around the shoulders. To do this exercise you will need a squat rack or Smith machine.

Method:

1. Position a bar in the rack at approximately waist height.
2. Grip the bar with your hands slightly wider than your shoulder width and with palms facing outward.
3. Position your body underneath the bar, your heels should be resting on the floor and your arms fully extended – your body should be straight.
4. Begin the motion of the inverted row by bending your elbows and pulling yourself towards the bar. Your shoulder blades should retract as you pull yourself towards the bar.
5. You have reached the top of the motion when your chin is above the bar.
6. Briefly pause at the top of the motion, before lowering yourself slowly and returning to the starting position – this is one repetition.

## 10. Farmer's Walk

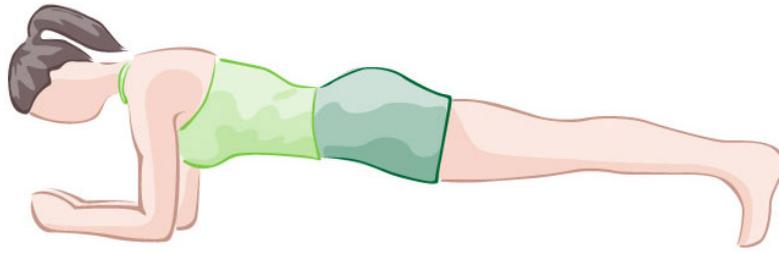


Quite an obscure looking exercise, but the farmer's walk is a simple exercise that's great for increasing the strength in your forearms, shoulders, legs and core.

Method:

1. You will need to use heavy dumbbells for this exercise (as heavy as you are able to lift safely).
2. Begin by standing between the dumbbells.
3. Lift both dumbbells (one in each hand) by bending both knees. Remember to keep your back straight and your gaze fixed forwards with your head up.
4. Once you have lifted the dumbbells and are standing in an upright position, begin to walk, taking short, quick steps for approximately 30 metres /100 feet.
5. Remember to breathe as you walk with short, sharp, breaths with each step.
6. Briefly pause at the top of the motion, before lowering yourself slowly and returning to the starting position - this is one repetition.

## 11. Plank

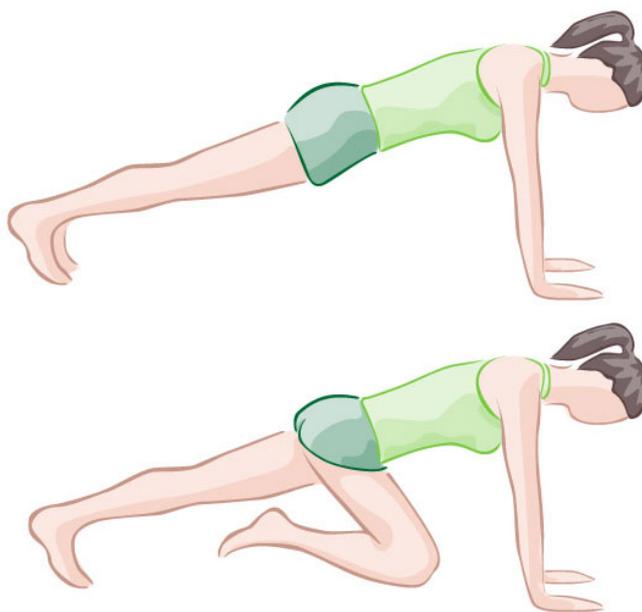


The plank is a core-intensive workout that aims to increase the strength in your abs, whilst also increasing the strength in your shoulder, arms and glutes.

Method:

1. Begin by kneeling on all fours with your hands shoulder width apart.
2. Next kick your legs back so that your body is straight – get on to your toes, with heels off the floor.
3. Bend your elbows to a 90 degree angle so that you are resting on your forearms (your forearms should be directly below your shoulders, this should result in your body forming a horizontal line.)
4. Ensure that no other part of your body touches the floor, maintaining the horizontal line position and refraining from sticking your behind in the air.
5. Hold the position for as long as you can, then rest.

## 12. Mountain climbers

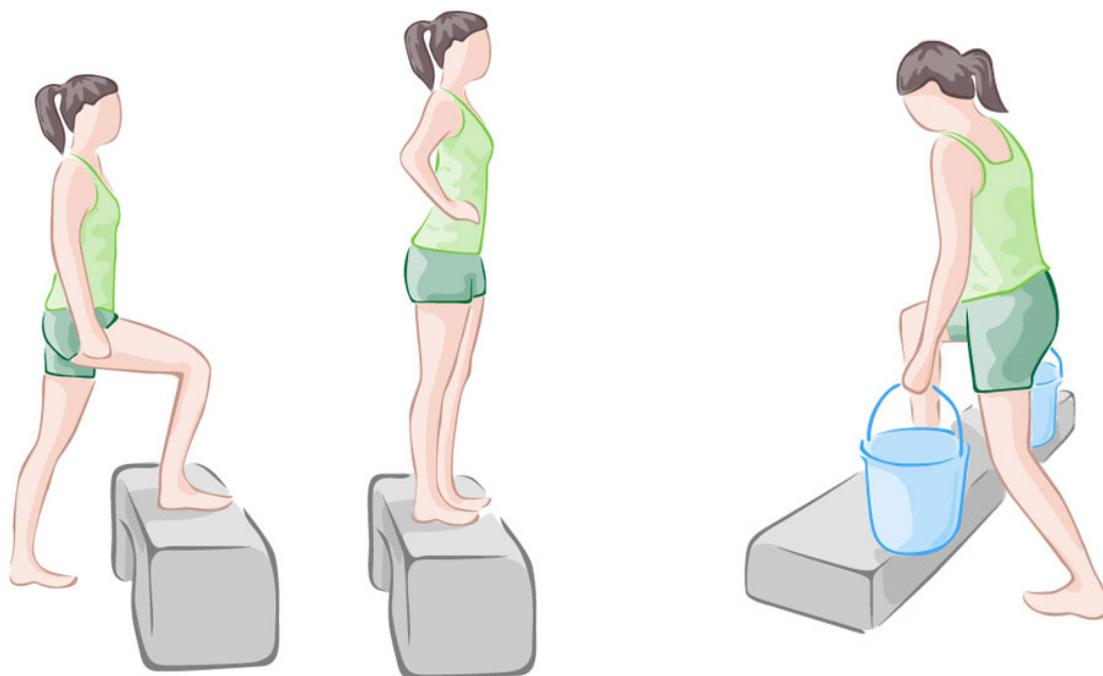


Mountain climbers give you a good all-round workout, utilising your arms to stabilise your upper body, your core to maintain form, and your glutes to propel your legs forward.

Method:

1. Begin by kneeling on a flat surface and bending forward, placing your hands palms-down slightly wider than a shoulder-width apart in front of you, and locking your elbows, keeping your arms straight.
2. Make sure your back is straight, and step both of your legs back with your toes on the floor so that your body forms a straight line from your toes to your shoulders.
3. Your heels should be off the floor with your toes and arms bearing your body weight.
4. Now raise your right knee as close to your chest as you can.
5. Return your leg to the starting position and repeat the motion with your alternate leg – this is one repetition.
6. You should aim for a medium to fast pace when engaging in this exercise.

## 13. Step-ups

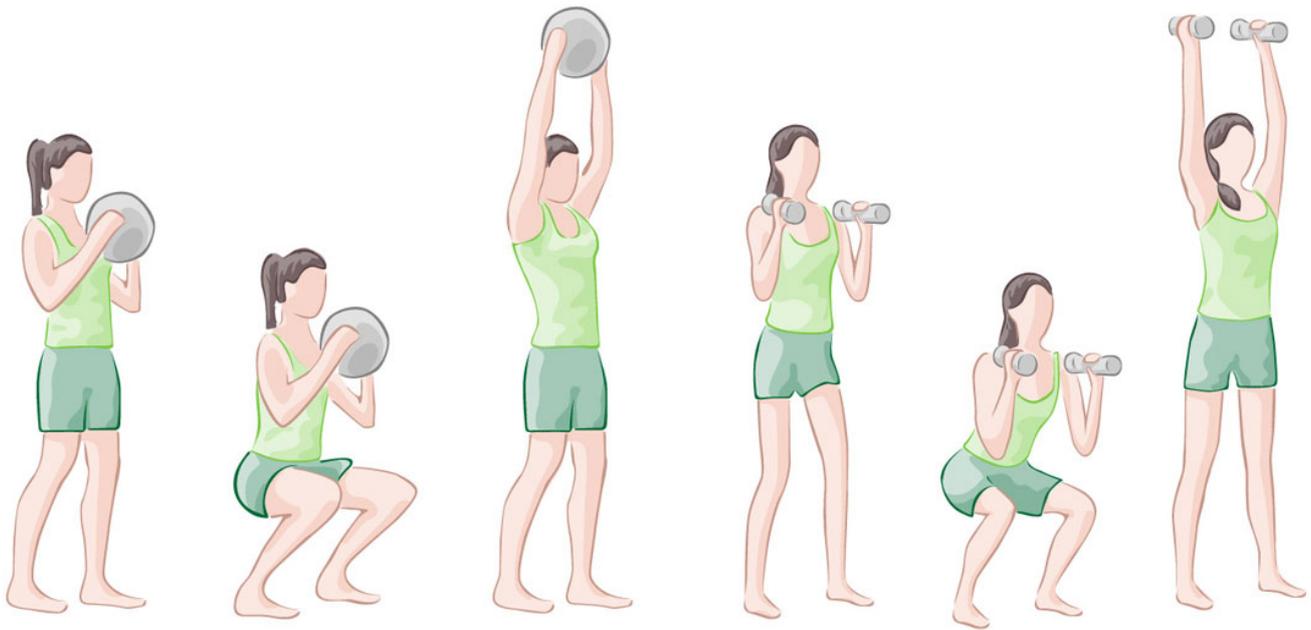


You'll need a step, or you can use your stairs for this exercise. Step-ups are designed to increase the strength of the quadriceps in your thighs.

### Method

1. Begin by standing in front of the step with your feet at shoulder-width apart and your arms by your side.
2. Take a step up onto the step leading with your left leg.
3. Whilst keeping your left foot planted on the step, bring your right foot up onto the step.
4. Now whilst continuing to look forward, reverse the motion by stepping back onto the floor with your left leg and bringing your right foot back to meet it – this counts as one repetition.
5. To increase the difficulty of the exercise try holding a bucket of water in each hand as you complete the above steps.

## 14. Squat and press



The squat and press is an exercise that focuses on increasing all-over body strength, working your shoulders, arms, legs, abs and lower back in one fluid motion.

Method:

1. Hold a pair of dumbbells adjacent to your shoulders with your palms facing inwards and your elbows bent.
2. Begin the squat phase of the exercise by retracting your hips, bending your knees and lowering your body as low as possible.
3. As your behind begins to stick out, ensure your shoulders and chest are upright, with your back straight and your head facing forward.
4. The optimal squat depth is when your hips are below your knees. However, only lower yourself to a point that feels comfortable, otherwise you run the risk of injury.
5. Once you reach your optimum squat depth begin to push up through your heels until you return to the starting position.
6. As you arrive at the starting position immediately raise the dumbbells above your head until your arms are fully extended (this is the press aspect of the exercise.)
7. Now retract your arms to their starting position – this is one repetition.

# Additional training

A big part of the programme focuses on building strength in your legs and core. Working these muscle groups is the best way to develop strength and endurance. You will see quick improvements.

A lot of the exercises use your own body weight, apart from some which will need an additional load. When it comes to bodyweight exercises, the pull-up is probably the one that beginners will struggle with. If you do struggle then you can either get someone to assist you, use a step to get up to a bar and lower yourself down slowly, or modify the exercise by doing an inverted row.

# Kit and equipment

The gear you will need is also important. Firstly, and most importantly, you need to get the right footwear. Trail running shoes are going to help with grip. Trail running shoes will also reduce the risk of getting stuck and sapping energy, compared to wearing road running shoes. The clothing you wear is also very important. Stay away from cotton clothing and head towards fabric that is moisture-wicking, comfortable, and fits quite snugly.

# Nutrition, fuelling and hydration

As your training increases, you will need to take extra note of your nutrition and hydration. The right nutrients will not only fuel you before and during your training, but will also help your body recover between sessions.

The amount of calories you'll need to consume is purely individual. There are a number of calculators online that you could use to estimate your calorific needs from your BMR (Basal Metabolic Rate). Use this as a guide and just be aware of any red flags; are you losing or gaining too much weight, or do you feel lacking in energy?

Stick with unprocessed natural foods and if you do need to top up your nutrients, there are a number of good protein and recovery shakes that would work very well.

# Safety first

To start with, it is vitally important to ensure that it is safe for you to begin an exercise program. Complete the safety checklist below and if you answer YES to one or more questions, or alternatively, if you are at all concerned about starting training, then make an appointment with your Doctor for a check-up before you start.



## Health-status safety checklist

- 1 Are you aged over 30 and/or have not exercised for some time?
- 2 Do you suffer from any medical conditions?
- 3 Are you a smoker or have recently given up smoking?
- 4 Have you undergone any surgery in the past two years?
- 5 Are you suffering from any injuries?
- 6 Are you currently on any prescribed medication?
- 7 Are you unsure about beginning an exercise program?

Y	N
Y	N
Y	N
Y	N
Y	N
Y	N
Y	N

**Once you have the all-clear from your doctor then you're ready to start training.**

# Beginner Mud Run and Obstacle Course Event Training Guide

## Week 1

Day	Session Type	Training	Training notes
Mon	Run	2miles / 3.2km / 20mins	
Tues	Strength circuit	Squats, press-ups, lunges, mountain climbers, dips, plank	15 reps of each, 0-30 seconds rest between exercises, three to four circuits (use weight on squats and lunges if 15 reps is too easy).
Wed	Rest		
Thurs	Run	2miles / 3.2km / 20mins	
Fri	Strength circuit	Squats, press-ups, lunges, mountain climbers, dips, plank	15 reps of each, 0-30 seconds rest between exercises, three to four circuits (use weight on squats and lunges if 15 reps is too easy).
Sat	Rest		
Sun	Strength circuit	4x (200m sprint, followed by 15 x squat jumps, 25m bear walk, 25m walking lunges, 30 x mountain climbers, 25m walking lunges, 25m bear walk, 15 x squat jumps)	Perform as a circuit with minimal rest time. Aim for 4 sets. If you can do an extra set then do so. Also, play around with the rep ranges of the exercises.

## Week 2

Day	Session Type	Training	Training notes
Mon	Run	2miles / 3.2km / 20mins	This week is a repeat of last week.
Tues	Strength circuit	Squats, press-ups, lunges, mountain climbers, dips, plank	15 reps of each, 0-30 seconds rest between exercises, three to four circuits (use weight on squats and lunges if 15 reps is too easy).
Wed	Rest		
Thurs	Run	2miles / 3.2km / 20mins	
Fri	Strength circuit	Squats, press-ups, lunges, mountain climbers, dips, plank	15 reps of each, 0-30 seconds rest between exercises, two circuits (use weight on squats and lunges if 15 reps is too easy).
Sat	Rest		Use your rest days as an opportunity to stretch and to foam roll. Ensure you look after your body!
Sun	Strength circuit	4x (200m sprint, followed by 15 x squat jumps, 25m bear walk, 25m walking lunges, 30 x mountain climbers, 25m walking lunges, 25m bear walk, 15 x squat jumps)	

## Week 3

Day	Session Type	Training	Training notes
Mon	Rest		
Tues	Run	4miles / 6.4km / 40mins	
Wed	Strength circuit	10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 25 x squats, 30 x lunges, 10 x burpees, plank to failure	A big welcome to burpees - a staple of any training programme for an obstacle event.
Thurs	Run	4miles / 6.4km / 40mins	Start thinking about booking in regular sports massage sessions. A professional will help repair and restore your muscles. They will also highlight any potential problematic areas.
Fri	Strength circuit	10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 25 x squats, 30 x lunges, 10 x burpees, plank to failure	
Sat	Rest		
Sun	Strength circuit	4 x (400m sprints, followed by 15 x burpees, 30m bear walk, 30m walking lunges, 40 x mountain ciphers, 30m walking lunge, 30m bear walk, 15 x burpees)	Take note of every workout you do. Time them, count sets, record weight, etc. Also, make a note about how you feel. You can then adapt the plan and tailor it to you.

## Week 4

Day	Session Type	Training	Training notes
Mon	Rest		
Tues	Run	6miles / 9.7km / 60mins	Once a week you will be doing a 6mile / 10K tempo run. The goal is to do this as fast as you can. Time yourself and watch the time go down over the upcoming weeks.
Wed	Strength circuit	As many reps as you can in 60seconds - pull-ups, squats, press-ups, jump squats, dips, burpees, squat & press, mountain climbers. Do this circuit twice and record how many reps you do	Get those back and biceps working. The king of all body weight exercises, and the one which will significantly help with your training, is the chin-up. Find a tree branch, goal post, or something else that you can reach and will support your weight.
Thurs	Run	4 x 600m (90second recovery between sets)	Thursday will consist of interval sessions. Add in some extra core work at the end of session (planks and mountain climbers).
Fri	Strength circuit	4 x (50m farmer's walk, 50 x squats, 50m walking lunge, 50 x step-ups, 50m farmer's walk), then 4 x (30m bear walk, 10 x press-ups, 10 x dips, 10 x squat & press)	You will need weight when doing the farmer's walk and step-ups. If you don't have any hand weights, then you can be a little creative. Buckets of water and car tyres can be good alternatives. You will also need them for the squat and press, so monitor the weight you are using (it should be getting tough at the end of the rep range).
Sat	Rest		
Sun	Strength circuit	4x (400m sprints, followed by 15 x burpees, 40m bear walk, 40m walking lunges, 40 x mountain climbers, 40m walking lunge, 15 x burpees)	Assess each of your sessions - does weight need increasing or decreasing? What are your strengths and what needs some work?

## Week 5

Day	Session Type	Training	Training notes
Mon	Rest		
Tues	Run	6miles / 9.7km / 60mins	
Wed	Strength circuit	As many reps as you can in 60 seconds - pull-ups, squats, press-ups, jump squats, dips, burpees, squat & press, mountain climbers	Compare to last week's effort.
Thurs	Run	6 x 600m (90second recovery between sets)	Optional core work after.
Fri	Strength circuit	4x (50m farmer's walk, 50 x squats, 50m walking lunge, 50 x step-ups, 50m farmer's walk), then 4 x (30m bear walk, 10 x press-ups, 10 x dips, 10 x squat & press)	
Sat	Rest		Don't neglect your body maintenance work. Stretch and foam roll.
Sun	Strength circuit	4 x (600m sprints, followed by 50m farmer's walk, 15 x burpees, pull-ups (to failure), 40m bear walk, 15 x press-ups, 40m walking lunges, 40 x mountain climbers, 40m walking lunge, 15 x burpees)	

## Week 6

Day	Session Type	Training	Training notes
Mon	Rest		This is a tough week of training, work hard as next week is more recovery based.
Tues	Run	6miles / 9.7km / 60mins	
Wed	Strength circuit	(1) 50m farmer's walk then 10 burpees (2) 40m bear walk, 50 x step-ups, 10 x press-ups, 10 x dips (3) 20 x jump squats, pull-ups (to failure), 15 x squat & press, 40 x mountain climbers	Two separate circuits of exercises. Do as many circuits as you can in 10-minutes.
Thurs	Run	2 x 600m (90second recovery between intervals), 4 x 400m (60second recovery between intervals), 6 x 200m (45second recovery between intervals)	This is a tough interval session. Keep rest periods low, but enough to recover.
Fri	Strength circuit	"15-1" (burpees, 50m farmer's walk, press-ups)	You will start with 15 x burpees, do a 50m farmer's walk, followed by 15 x press-ups. You will then do a farmer's walk back and do 14 x burpees, followed by a farmer's walk to do 14 x press-ups. You will continue to do this until you get to 1 rep.
Sat	Rest		
Sun	Strength circuit	5 x (600m sprints, followed by 50m farmer's walk, 15 x burpees, pull-ups (to failure), 40m bear walk, 15 x press-ups, 40m walking lunges, 40 x mountain climbers, 40m walking lunge, 15 x burpees)	

## Week 7

Day	Session Type	Training	Training notes
Mon	Rest		After 6 weeks of training, this week is a slight drop down week to help your body recover.
Tues	Run	6miles / 9.7km / 60mins	
Wed	Strength circuit	10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 25 x squats, 30 x lunges, 10 x burpees, plank to failure	
Thurs	Run	4 x 600m (90second recovery between sets)	
Fri	Rest		Double rest day coming up.
Sat	Rest		
Sun	Strength circuit	6 x (600m sprints, followed by 50m farmer's walk, 15 x burpees, pull-ups (to failure), 40m bear walk, 15 x press-ups, 40m walking lunges, 40 x mountain climbers, 40m walking lunge, 15 x burpees)	

## Week 8

Day	Session Type	Training	Training notes
Mon	Rest		
Tues	Run	6miles / 9.7km / 60mins	Compare your time to the time you achieved in week four? Have you improved?
Wed	Strength circuit	(1) 50m farmer's walk then 10 burpees (2) 40m bear walk, 50 x step-ups, 10 x press-ups, 10 x dips (3) 20 x jump squats, pull-ups (to failure), 15 x squat & press, 40 x mountain climbers	10 minute circuits (as per Week 6).
Thurs	Run	2 x 600m (90second recovery between intervals), 4 x 400m (60second recovery between intervals), 6 x 200m (45second recovery between intervals)	If you can, include some core work between intervals (either plank or mountain climbers). For example, half of the recovery time could include the core work.
Fri	Strength circuit	"15-1" (burpees, 50m farmer's walk, press-ups)	You will start with 15 x burpees, do a 50m farmer's walk, followed by 15 x press-ups. You will then do a farmer's walk back and do 14 x burpees, followed by a farmer's walk to do 14 x press-ups. You will continue to do this until you get to 1 rep.
Sat	Rest		
Sun	Strength circuit	6x (600m sprints, followed by 50m farmer's walk, 15 x burpees, pull-ups (to failure), 40m bear walk, 15 x press-ups, 40m walking lunges, 40 x mountain climbers, 40m walking lunge, 15 x burpees)	Same circuit and sets as last week.

## Week 9

Day	Session Type	Training	Training notes
Mon	Rest		Another increase in weekday load, before week 10 drop down.
Tues	Run	6miles / 9.7km / 60mins	
Wed	Strength circuit	1) 50m farmer's walk then 10 burpees (2) 40m bear walk, 50 x step-ups, 10 x press-ups, 10 x dips (3) 20 x jump squats, pull-ups (to failure), 15 x squat & press, 40 x mountain climbers	Each circuit is now 15-minutes, how many times can you go round?
Thurs	Run	2 x 800m (2min recovery between intervals), 4 x 400m (60second recovery between intervals), 6 x 200m (45second recovery between intervals)	
Fri	Strength circuit	2 x (10 x burpees, 12 x press -ups, 12 x dips, 10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 25 x squats, 30 x lunges, 10 x burpees, plank to failure)	
Sat	Rest		
Sun	Strength circuit	3 x (800m sprints, followed by 20 x burpees, 75m farmer's walk, 50 x step-ups, 75m farmer's walk, 15 x burpees), then 3 x (800m sprints, followed by 50m bear walk, pull-ups (to failure), press-ups (to failure), plank (to failure)	Remember, when an exercise is set to failure, this is to do with correct form. Incorrect technique can result in injury.

## Week 10

Day	Session Type	Training	Training notes
Mon	Rest		If you haven't booked in a sports massage, it would be a good idea.
Tues	Run	4miles / 6.4km / 40mins	
Wed	Strength circuit	10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 25 x squats, 30 x lunges, 10 x burpees, plank to failure	
Thurs	Run	4miles / 6.4km / 40mins	Keep it very easy.
Fri	Rest		
Sat	Rest		
Sun	Strength circuit	4 x (800m sprints, followed by 20 x burpees, 75m farmer's walk, 50 x step-ups, 75m farmer's walk, 15 x burpees), then 4 x (800m sprints, followed by 50m bear walk, pull-ups (to failure), press-ups (to failure), plank (to failure)	

## Week 11

Day	Session Type	Training	Training notes
Mon	Rest		Final big week of training.
Tues	Run	8miles / 12.9km / 80mins	Increasing your run to 8miles / 12.9km, to reassure you that you have more distance in your legs.
Wed	Strength circuit	1) 50m farmer's walk then 10 burpees (2) 40m bear walk, 50 x step-ups, 10 x press-ups, 10 x dips (3) 20 x jump squats, pull-ups (to failure), 15 x squat & press, 40 x mountain climbers	15min circuits (as per week 9).
Thurs	Run	2 x 600m (90second recovery between intervals), 4 x 400m (60second recovery between intervals), 6 x 200m (45second recovery between intervals)	
Fri	Strength circuit	3 x (10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 25 x squats, 30 x lunges, 10 x burpees, plank to failure)	
Sat	Rest		
Sun	Strength circuit	4 x (600m sprints, followed by 50m farmer's walk, 15 x burpees, pull-ups (to failure), 40m bear walk, 15 x press-ups, 40m walking lunges, 40 x mountain climbers, 40m walking lunge, 15 x burpees)	

## Week 12

Day	Session Type	Training	Training notes
Mon	Rest		Plenty of rest sessions this week. The goal is to be as rested and prepared as possible for your upcoming event.
Tues	Run	4miles / 6.4km / 40mins	
Wed	Strength circuit	10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 12 x press-ups, 12 x dips, 10 x burpees, 25 x squats, 30 x lunges, 10 x burpees, plank to failure	You've done this session a number of times, so the demands won't be significant to affect your preparations for Sunday.
Thurs	Run	4miles / 6.4km / 40mins	
Fri	Rest		
Sat	Rest		
Sun	Race day	Race day	After 12 hard weeks, you'll be ready for a 10mile / 16km obstacle course. Good luck!

### *Disclaimer*

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