YOUR TOUGH MUDDER CLASSIC JOURNEY STARTS HERE.

In 2019 we’re taking all of the things you love about Tough Mudder (teamwork, challenge, world-class obstacles, mud) and turning the dial up to ten.

Tough Mudder Classic is 8-10 miles of pure obstacle action featuring 10 brand new or updated obstacles that will push your strength, stamina, balance and boundaries.

Whether you’re a fitness fanatic or a first timer this training guide, put together by our Official UK Trainer Born Barikor, doesn’t just target one or two areas. No, it will give you the full body workout that you need to be the best teammate you can be come event day.

GET TOUGH, STAY TOUGH:

✓ Tackle training with your team.
✓ Eat right, sleep right, train right.
✓ Never doubt yourself.

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.

HOW TO USE THE GUIDE:

Listen to your body. This training guide is a great starting point but no one knows your limits and abilities better than you.

Don’t feel pressure to follow it exactly and remember that training is part of the experience.

OTHER WAYS TO TRAIN:

• Workout Wednesday on Facebook with Official UK Trainer Born Barikor.
• Get obstacle specific workouts, HIIT training sessions and a whole heap of other content on our YouTube training playlist.
### WEEK 1

**Conditioning**
- 5 min brisk walk or slow jog.
- 8 min. circuit: 60 secs each
  - Spaceman Jumps
  - Glute Kick Backs
  - Bastards
  - Glute Bridge
- 10 min. circuit: 60 secs each
  - Static Wall Sit
  - Squat Jump
  - Body Up
  - Star Plank

**Pyramids**
- 20m Sprint
- 20m Walking Lunges
- 20 secs Burpees
  - Increase from 10 to 60 reps and then back down.

**Run**
- 70 - 80% work rate
- 3 mile run

**Rest**
- Perfect your running playlist or hangout with your team.

### WEEK 2

**Conditioning**
- 20 min brisk walk or slow jog.
- 10 min. circuit: 60 secs each
  - Depth Jump
  - Bodyweight Squat
  - Pull Ups
  - Oblique Crunch
  - Rear Leg Raise
- 30 secs each
  - 1 round

**Pyramids**
- 20m Sprint
- 20m Walking Lunges
- 20 sec of Burpees
  - Increase from 10 to 80 reps and then back down.

**Run**
- 60 - 70% work rate
- Tempo run

**Rest**
- Finish that thing that’s been on your To-Do list for 2 years.

### 3 MONTHS TO GO

**Welcome, Mudder**
Your Tough Mudder Classic journey starts here and the orange headband is in your sights. Follow this simple guide and you’ll be event day ready in 3 months.
LOOK AFTER YOURSELF
It can be tempting to go full steam ahead early on but don’t push too hard. Make sure you’re taking those rest days and eating and sleeping right.

3 MONTHS TO GO

WEEK 3

CONDITIONING
5 min slow jog.
15 min. circuit: 45 sec each
Shadow Boxing
Ski Jumps
Reverse Grip Press Up
Heel Taps

PYRAMIDS
10m Sprint
10m Walking Lunges
10 secs of Burpees
Increase from 10 to 60 reps and then back down.

RUN
70-80% work rate
4 mile run

REST
Watch some Tough Mudder obstacle videos and get pumped.

WEEK L

CONDITIONING
10 min slow jog
20 min. circuit
30 sec each
Step Up with Knee Raise
Isometric Chest Squeeze
Groiners
Inch Worm

PYRAMIDS
10m Sprint
10m Walking Lunges
10 secs of Push Ups
Increase from 10 to 60 reps and then back down.

RUN
70-80% work rate
4 mile run
60-70% work rate
3 mile run

REST
Come up with some punny team names.

RUN
80-90% work rate
1 round
600m sprint
500m sprint
400m sprint
300m sprint
200m sprint
100m sprint
1 min rest between each.

CONDITIONING
30 secs each
5 rounds
i min rest
Crab Walk
Freehand Squat Jump
Decline Push Up
Decline Mountain Climbers
Spider Crawl
Sit Ups

REST
Prep healthy meals for the week ahead.

RUN
80-90% work rate
1 round
600m sprint
500m sprint
400m sprint
300m sprint
200m sprint
100m sprint
1 min rest between each.

CONDITIONING
30 secs each
5 rounds
i min rest
Narrow Push Ups
Star Jumps
Mountain Climbers
Double Leg Glute Kicks
Burpees
Overhead Crunches

REST
Prep healthy meals for the week ahead.

LOOK AFTER YOURSELF
It can be tempting to go full steam ahead early on but don’t push too hard. Make sure you’re taking those rest days and eating and sleeping right.
HALFWAY THERE MUDDER
You’ve been smashing it so far and you should be feeling those endorphins flowing.
Don’t forget to check in with your teammates as well, no Mudder is an island.

WEEK 1
- CONDITIONING
  - 5K tempo run
  - 9 min. circuit
  - 60 secs each
  - Fingertip Press Ups
  - Hanging Leg Raises
  - Side Jack Knife
- RUN
  - 80-90% work rate
  - 400m sprint
  - Rest for as long it took you to complete the last run.
- CONDITIONING
  - 10 rounds
  - 40m Hill Sprints
  - Walk down recovery
- REST
- RUN
  - 80-85% work rate
  - 4 mile run
- CONDITIONING
  - 10 rounds
  - 40m Hill Sprints
  - Walk down recovery
- REST
  - Take an awesome midweek nap.
  - Prep healthy meals for the week ahead.

WEEK 2
- CONDITIONING
  - 5K tempo run
  - 9 min. circuit
  - 60 secs each
  - Chin Up
  - Hanging Leg Raises
  - Superman with a Twist
- RUN
  - 80-80% work rate
  - 400m sprint
  - Rest for as long it took you to complete the last run.
- CONDITIONING
  - 5 rounds
  - 1 mile run
  - Push Ups
  - 5 reps
  - 20 rounds
  - 1 min rest
- REST
- RUN
  - 70-70% work rate
  - 8 mile run
- CONDITIONING
  - 5 rounds
  - 45 secs each
  - Press Ups
  - Flutter Kicks
  - Sky Toes
  - Single Leg Glute Bridges
- REST
  - Prep healthy meals for the week ahead.
## 2 months to go

**GET INTO YOUR GROOVE**
You know exactly what you’re doing now Mudder, so keep pushing.
The hardwork is starting to pay off.

### WEEK 3

<table>
<thead>
<tr>
<th>CONDITIONING</th>
<th>RUN</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K tempo run</td>
<td>80-85% work rate</td>
<td>80-90% work rate</td>
</tr>
<tr>
<td>9 min. circuit</td>
<td>4 mile run</td>
<td>10 rounds</td>
</tr>
<tr>
<td>60 secs each</td>
<td>400m sprint</td>
<td>400m sprint</td>
</tr>
</tbody>
</table>

### WEEK 4

<table>
<thead>
<tr>
<th>CONDITIONING</th>
<th>RUN</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>10K tempo run</td>
<td>70-80% work rate</td>
<td>80-90% work rate</td>
</tr>
<tr>
<td>9 min. circuit</td>
<td>4 mile run</td>
<td>10 rounds</td>
</tr>
<tr>
<td>60 secs each</td>
<td>400m sprint</td>
<td>400m sprint</td>
</tr>
</tbody>
</table>

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**GET INTO YOUR GROOVE**
You know exactly what you’re doing now Mudder, so keep pushing.
The hardwork is starting to pay off.
**1 MONTH TO GO**

**SHIFT UP A GEAR**
With only one month to go it’s time to put the real hard work in. Get excited Mudder, it’s almost challenge time.

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>CONDITIONING</th>
<th>10K tempo run</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9 min. circuit:</td>
<td>60 secs each</td>
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<tr>
<td></td>
<td>Chin Ups</td>
<td>Hanging Leg Raises</td>
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<tr>
<td></td>
<td>Bodyweight Box Squats</td>
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<tr>
<td></td>
<td>CONDITIONING</td>
<td>5 rounds</td>
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<tr>
<td></td>
<td>30 secs each</td>
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<tr>
<td></td>
<td>Stair Press Ups</td>
<td>Freehand Squat Jumps</td>
</tr>
<tr>
<td></td>
<td>Two-Point Bridge</td>
<td>Crab Walk</td>
</tr>
<tr>
<td></td>
<td>RUN</td>
<td>70–85% work rate</td>
</tr>
<tr>
<td></td>
<td>4 mile run</td>
<td></td>
</tr>
<tr>
<td></td>
<td>REST</td>
<td>Decide which awesome fancy dress costume you’ll be wearing on event day.</td>
</tr>
<tr>
<td></td>
<td>CONDITIONING</td>
<td>3 rounds</td>
</tr>
<tr>
<td></td>
<td>30 secs each</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Groiners</td>
<td>Tuck Jumps</td>
</tr>
<tr>
<td></td>
<td>High Knees</td>
<td>Skater Jumps</td>
</tr>
<tr>
<td></td>
<td>REST</td>
<td>Try some basic meditation and clear your mind.</td>
</tr>
<tr>
<td></td>
<td>REST</td>
<td>Meal prep heathly lunches for next week.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 2</th>
<th>CONDITIONING</th>
<th>10K tempo run</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>9 min. circuit:</td>
<td>60 secs each</td>
</tr>
<tr>
<td></td>
<td>Chin Ups</td>
<td>Hanging Leg Raises</td>
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<tr>
<td></td>
<td>Flutter Leg Kicks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CONDITIONING</td>
<td>5 rounds</td>
</tr>
<tr>
<td></td>
<td>40m Incline Hill Sprint</td>
<td>40m Decline Hill Sprint</td>
</tr>
<tr>
<td></td>
<td>10 V-sit Ups</td>
<td>10 Spider Crawls</td>
</tr>
<tr>
<td></td>
<td>10 Pull Ups</td>
<td></td>
</tr>
<tr>
<td></td>
<td>RUN</td>
<td>70–85% work rate</td>
</tr>
<tr>
<td></td>
<td>5 mile run</td>
<td></td>
</tr>
<tr>
<td></td>
<td>REST</td>
<td>Stretch it out Mudder. You’ll thank us later.</td>
</tr>
<tr>
<td></td>
<td>CONDITIONING</td>
<td>10 rounds</td>
</tr>
<tr>
<td></td>
<td>60–70% work rate</td>
<td></td>
</tr>
<tr>
<td></td>
<td>800m sprint</td>
<td>30m Bear Crawl</td>
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<tr>
<td></td>
<td>10 Push Ups</td>
<td>10 Squat Jumps</td>
</tr>
<tr>
<td></td>
<td>RUN</td>
<td>70–85% work rate</td>
</tr>
<tr>
<td></td>
<td>6 mile run</td>
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</tbody>
</table>

**REST**
Stretch it out Mudder. You’ll thank us later.
### 1 MONTH TO GO

You’re almost there. Don’t stop now.

<table>
<thead>
<tr>
<th>WEEK</th>
<th>CONDITIONING</th>
<th>RUN</th>
<th>REST</th>
<th>CONDITIONING</th>
<th>RUN</th>
<th>REST</th>
<th>EVENT DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>10K tempo run</td>
<td>70-85% work rate 5 mile run</td>
<td>Get outside in nature and enjoy the break.</td>
<td>70-85% work rate 5 mile run</td>
<td>Meal prep healthly lunches for next week.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9 min. circuit: 60 secs each</td>
<td></td>
<td></td>
<td>10 rounds</td>
<td></td>
<td></td>
<td>See you at the start-line.</td>
</tr>
</tbody>
</table>