

Tough mudder training plan

Measuring Your Effort

It's important that you train at the right effort level and intensity to ensure you're training to reach your full potential. Most of us think that training "harder is better" so we end up training too hard, which can result in feeling tired, illness or injury. Understand what each session is trying

to achieve and how it should feel is the way to train smart, so here's a guide to effort levels that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.



Type of session	Perceived effort level (1-10)*	Heart rate	How it should feel – the talk test
Recovery	6-6.5	65-70%	You can speak in complete sentences, totally conversational, you're relaxed and enjoying it the session.
Easy	6.5-7	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
Steady	7-8	70-80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do.
Threshold	8-8.5	80-85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'
Hard	9-9.5	90-92%	You can say only 2-3 words maximum and are out of breath but still know that you could do more if you had to.

*Perceived effort =
1 represents no effort and
10 represents maximum effort

WC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Cross-training 30 mins mobility or easy cross training session + Stretch	Cross-training 40 mins cross training (can be indoor bike or elipital trainer) or 30 mins run - 10 mins easy effort, 5 x 2 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	Walk 30 - 45 mins easy effort walk, 15 - 30 mins strength and conditioning + stretch	Rest	Cross-training 45 mins easy effort cross training (can be indoor bike or swimming) + stretch	Run 40 mins easy effort run over undulating off road terrain + stretch
Week 2	Rest	Cross-training 30 mins mobility or easy cross training session + Stretch	Walk 60 mins easy effort walk + stretch	Cross-training 40 mins cross training (can be indoor bike or elipital trainer) or 40 mins run - 10 mins easy effort, 5 x 3 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	Rest	Cross-training 45 mins easy effort cross training (can be indoor bike or swimming) + stretch	Run 50 mins easy effort run over undulating off road terrain + stretch
Week 3	Rest	Cross-training 30 mins mobility or easy cross training session + Stretch	Walk 60 mins easy effort walk + stretch	Cross-training 40 mins cross training (can be indoor bike or elipital trainer) or 40 mins run - 10 mins easy effort, 5 x 3 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	Rest	Cross-training 45 mins easy effort cross training (can be indoor bike or swimming) + stretch	Walk / Run 60 mins easy effort walk/run over undulating off road terrain + stretch
Week 4	Rest Easier week this week to allow some training adaptation and recovery from the previous weeks of training	Cross-training 30 mins mobility or easy cross training session + Stretch	Walk 60 mins easy effort walk + stretch	Cross-training 30 mins cross training (eliptical trainer) - 10 mins easy effort, 10 mins steady effort, 10 mins easy effort or 30 mins easy effort run Conditioning 15 mins strength and conditioning + stretch	Rest	Rest	Walk / Run 70 mins steady effort walk/run over off road undulating terrain if possible please + stretch
Week 5	Rest	Cross-training 30 mins mobility or easy cross training session + Stretch	Cross-training 40 mins cross training (can be indoor bike or elipital trainer) or 30 mins run - 10 mins easy effort, 5 x 2 mins at threshold effort off 60 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	Walk 30 - 45 mins easy effort walk Conditioning 15 - 30 mins strength and conditioning + stretch	Rest	Cross-training 45 mins easy effort cross training (can be indoor bike or swimming) + stretch	Walk / Run 80 mins steady effort walk/run over off road undulating terrain if possible please + stretch
Week 6	Rest	Cross-training 30 mins mobility or easy cross training session + Stretch	Cross-training 45 mins cross training (can be indoor bike or elipital trainer) or 45 mins run - 10 mins easy effort, 5 x 4 mins at threshold effort off 75 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	Walk 30 - 45 mins easy effort walk Conditioning 15 - 30 mins strength and conditioning + stretch	Rest	Cross-training 30 mins easy effort cross training (can be indoor bike or swimming) + stretch	Cross-training 30 mins easy effort cross training (can be indoor bike or swimming) + stretch
Week 7	Rest	Cross-training 30 mins mobility or easy cross training session + Stretch	Cross-training 45 mins cross training (can be indoor bike or elipital trainer) or 45 mins run - 10 mins easy effort, 5 x 4 mins at threshold effort off 75 seconds easy effort recovery between intervals, 10 mins easy effort + stretch	Walk 30 - 45 mins easy effort walk Conditioning 15 - 30 mins strength and conditioning + stretch	Conditioning 30 mins conditioning work	Cross-training 30 mins easy effort cross training (can be indoor bike or swimming) + stretch	Cross-training 60 mins steady effort walk/run over off road undulating terrain if possible please + stretch
Week 8	Rest	Cross-training 30 mins mobility or easy cross training session + Stretch	Rest	Run 30 mins easy effort run + stretch	Rest	Run 20 mins easy effort run + stretch, plan, prepare, relax and look forward to tomorrow's challenge	Tough Mudder