



# Tough Mudder

Training Plan  
10km

In partnership with



COACHING &  
CONSULTANCY  
[runningwithus.com](http://runningwithus.com)

**MACMILLAN**  
CANCER SUPPORT

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	<b>Rest + core/strength and conditioning</b>	15 min easy paced run or run/walk	<b>Rest</b>	20 min easy paced run or run/walk or rest	<b>Rest</b>	15 min hilly run or run/walk (Off-road if possible)	<b>Long Run</b> 15-20 min easy paced run or run/walk with some off-road running mixed in
2	<b>Rest + core/strength and conditioning</b>	15 min wind up run... 5 mins easy effort, 5 mins steady effort, 5 mins brisk effort	<b>Rest</b>	30 mins including 3×5 mins at threshold effort (2 min jog recovery)	<b>Rest</b>	20 min hilly run/walk off-road or rest	<b>Long Run</b> 20-25 min easy paced run or run/walk with some off-road mixed in
3	<b>Rest + core/strength and conditioning</b>	20-25 mins including 3×5 mins at threshold effort (2 min jog recovery)	<b>Rest</b>	30 min progression run with 10 mins easy effort, 10 mins steady effort, 10 mins at threshold effort or rest	<b>Rest</b>	30 mins to include 7×45 secs fast hill (90 sec jog) (Off-road if possible)	<b>Long Run</b> 30-35 min easy paced run with some off-road mixed in
4	<b>Rest + core/strength and conditioning</b>	30-40 mins including 5×5 mins at threshold effort (2 min jog recovery)	<b>Rest</b>	30 min out & back run. Run 15 mins one direction easy pace, turn, then run back fast, 1-2 mins quicker	<b>Rest</b>	30 mins to include 8×45 secs fast hill (90 sec jog) (Off-road if possible)	<b>Long Run</b> 40-50 min easy paced run with some off-road mixed in
5	<b>Rest + core/strength and conditioning</b>	45 min including 6×5 mins at threshold effort (2 min jog recovery)	<b>Rest</b>	30 min out & back run. Run 15 mins one direction easy pace, turn, then run back fast, 1-2 mins quicker	<b>Rest</b>	30 mins to include 10×45 secs fast hill (90 sec jog) (Off-road if possible)	<b>Long Run</b> 50-60 min easy paced run with some off-road mixed in
6	<b>Rest + core/strength and conditioning</b>	45 min off-road fartlek to include 5,4,3,2,1 mins effort of 90 secs jog. Each rep faster than the last	<b>Rest</b>	30 min easy paced run on flat ground	<b>Rest</b>	30 mins to include 10×45 secs fast hill (90 sec jog) (Off-road if possible)	<b>Long Run</b> 60-70 min easy paced run on flat route

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	<b>Rest + core/strength and conditioning</b>	Warm up then 8x2 mins fast pace (2 min jog). Warm down	<b>Rest</b>	45 min progression run with 15 mins easy effort, 15 mins steady effort, 15 mins at threshold effort	<b>Rest</b>	45 min to include 12x45 secs fast hill (90 sec jog) (Off-road if possible)	<b>Long Run</b> 40 min easy paced run
8	<b>Rest + core/strength and conditioning</b>	30 mins including 4x5 mins at threshold effort (2min jog recovery)	<b>Rest</b>	20-30 min easy paced flat run	<b>Rest</b>	Rest or 15 min jog & stretch	<b>Race day!</b> <b>Good luck!</b>

## Core + Strength & Conditioning

20-30 min HIIT and weight session with 30-40 secs of work and 20-30 secs rest x2 rounds:

**Burpees**

**Squat jumps**

**High knees**

**Mountain climbers**

Plus

**Press ups x12**

**Squats x12**

**Lunges x16**

**Tricep dips x12**

## Core

10 min abs with 30-40 secs of work with 20-30 secs rest x2 rounds:

**Plank**

**Side plank**

**Side plank**

**Finger crusher**

**Bridge**

### Note!

- Please do a 5-10 minute warm up and cool down before Threshold, Hills or Interval sessions.
- Always substitute running for cross training if you are injured, very sore or it is not safe to run.
- Please add Pilates or Yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 mins.
- Always eat within 20-30 mins of finishing a run.
- Always train at your target pace, don't compromise or run too hard. Tiredness always catches up.
- Have fun and train where it is safe.