



Tough Mudder

Training Plan
5km

In partnership with

running
withus

COACHING &
CONSULTANCY
runningwithus.com

MACMILLAN
CANCER SUPPORT

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

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	Rest + core/strength and conditioning	Warm up then 6x2 mins fast (2 min jog). Warm down	Rest	45 min progression run with 15 mins easy effort, 15 mins steady effort, 15 mins at threshold effort or rest	Rest	45 mins to include 10x45 secs fast hill (90 secs jog) (Off-road if possible)	Long Run 30-40 min easy paced run
8	Rest + core/strength and conditioning	30 mins including 4x5 mins at threshold (2 min jog recovery)	Rest	30 min easy paced flat run or rest	Rest	Rest or 15 min jog & stretch	Race day! Good luck!

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 minutes 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.