

**GET READY
WITH OUR 4 WEEK
TRAINING PLAN.**



YOUR TOUGH MUDDER JOURNEY STARTS HERE.

Forget fitness levels. Whether you're an occasional gym-goer or a seasoned couch potato, we've got a Tough Training Guide designed for your specific needs.

Training for an event can seem daunting. But don't worry - you don't need to run marathons, have a six-pack, a twelve-pack or any pack really. All you need is mental strength, a hefty helping of stamina, and some committed teammates determined to see it through. Even if you're rocking the course solo, from the moment you step foot on the course, Mudder Nation will have your back. In that spirit and to help you finish strong, we've put together a 4-week training guide peppered with plenty of fun that'll have you as ready as can be when you step to the start line. All, some, just a few - however many exercises you can get through, your body will thank you in the end.

GET TOUGH, STAY TOUGH:

- ✓ The fun lasts longer than the pain.
- ✓ Don't think. Fearlessness is your friend.
- ✓ Nerves are part of the experience. Own yours.


WORK OUT ANYTIME, ANYWHERE:

This 4-week training plan has been created by expert Personal Trainers from Anytime Fitness through the Anytime Workouts app - it's a bonus that comes with an Anytime Fitness membership!

The plan focuses on conditioning and strength. Simply click on the Download Workout button under each day to get yourself Tough Mudder ready.

WELCOME MUDDER,
Congrats on joining Mudder Nation and taking the first step on your Tough Mudder journey.
Follow this Tough Training Guide powered by Anytime Fitness and you'll be start (and finish) line ready in no time!

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONDITIONING 30-MINUTE CIRCUIT	STRENGTH PUSH/PULL 	CONDITIONING BODYWEIGHT BURN	REST STRETCH ESSENTAILS	STRENGTH EXPRESS LOWER BODY	CONDITIONING HIGH INTENSITY INTERVALS	REST FOAM ROLLER

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONDITIONING TREADMILL INTERVALS	STRENGTH EXPRESS UPPER BODY	CONDITIONING HIGH INTENSTIY INTERVALS	REST YOGA	CONDITIONING BODYWEIGHT BURN	STRENGTH HARDCORE LEGS	REST FOAM ROLLER

You're almost there. Don't stop now.

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRENGTH UPPER BODY BLITZ	CONDITIONING 30-MINUTE CIRCUIT	REST STRETCH ESSENTIALS	STRENGTH LEGS OF STEEL	STRENGTH FUNDAMENTAL STRENGTH	REST YOGA	CONDITIONING HIGH INTENSITY INTERVALS

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONDITIONING 20-MINUTE CIRCUIT	REST YOGA	CONDITIONING 20-MINUTE CIRCUIT	REST YOGA STRETCH	REST REST	RACE WEEKEND	