HOYLESfitness

8 Week Tough Mudder Training Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--|---------|--|--|--|----------------|--------|
| Week 1 | Deadlift 4 x 5, Pull Ups 4 x 5, Squats 4 x 5, Plank 3 x 45 Seconds, 1 x 20 Second Passive Hang | 5km Run | Rest | Deadlift 4 x 5 Pull Ups 4 x 5 Squats 4 x 5 Plank 3 x 45 Seconds | Yoga Class | Park Run (5km) | Rest |
| Week 2 | Jump Squats 3 x 15, Push Press 4 x 6, Upright Row 3 x 10, Hanging Leg Raises 2 x 8 | 6km Run | Rest | Set a treadmill to 10% incline. Sprint for 20 seconds. Repeat as many times as possible. | Yoga Class | Park Run (5km) | Rest |
| Week 3 | Yoga Class | 7km Run | Sumo Deadlift 4 x 5, Pull Ups 4 x Failure, Walking Lunges 2 x 12, 2 x 30 Seconds Passive Hang | Rest | Rest | Park Run (5km) | Rest |
| Week 4 | Kettlebell Swings 3 x 12, Dumbbell Snatch 2 x 15 (each side), Jumping Pull Ups 3 x 10, 1 x 45 Second Passive Hang | 5km Run | Thrusters 3 x 12, Good Mornings 3 x 10, Farmers Walks 3 x 30 Seconds, 2 x 45 Second Passive Hang | Rest | Deadlifts 3 x 8, Front Squats 3 x 10, Hanging Leg Raises 3 x 8, Power Cleans 4 x 3 | Park Run (5km) | Rest |
| Week 5 | Rest | 6km Run | Yoga Class | Power Cleans 4 x 3, Dumbbell Bench Press 4 x 6, Squats 4 x 8, Sumo Deadlift High Pull 4 x 8, 3 x 45 Second Passive Hang | Rest | Park Run (Skm) | Rest |
| Week 6 | Power Cleans 4 x 3, Dumbbell Bench Press 4 x 6, Squats 4 x 8, Sumo Deadlift High Pull 4 x 8 | 7km Run | Rest | Set a treadmill to 10% incline. Sprint for 20 seconds. Repeat as many times as possible. | Rest | Park Run (5km) | Rest |
| Week 7 | Walking Lunges 2 x 20, Farmers Walks 3 x 30 seconds, Snatch Pulls 3 x 8, Burpees 3 x 15, 1 x 60 Seconds Passive Hang | 5km Run | Power Cleans 4 x 3, Dumbbell Bench Press 4 x 6, Squats 4 x 8, Sumo Deadlift High Pull 4 x 8, 2 x 60 Seconds Passive Hang | Rest | Yoga Class | Park Run (5km) | Rest |
| Week 8 | Yoga Class | 5km Run | Rest | Gentie 1 mile walk | Rest | TON | |

Cardio

Yoga

Strength

Rest

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