

12-week Tough Mudder Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3-mile run	Strength Training	3-mile run	Strength Training	5-mile run	Rest
2	Rest	4-mile run	Strength Training	4-mile run	Strength Training	6-mile run	Rest
3	Rest	5-mile run	Strength Training	5-mile run	Strength Training	7-mile run	Rest
4	Rest	5-mile run	Strength + Agility	3-mile run	Strength + Agility	8-mile run	Rest
5	Rest	6-mile run	Strength Training	4-mile run	Strength Training	9-mile run	Rest
6	Rest	6-mile run	Strength + Agility	4-mile run	Strength + Agility	10-mile run	Rest
7	Rest	7-mile run	Strength Training	5-mile run	Strength Training	11-mile run	Rest
8	Rest	7-mile run	Strength + Agility	5-mile run	Strength + Agility	12-mile run	Rest
9	Rest	8-mile run	Strength Training	6-mile run	Strength Training	13-mile run	Rest
10	Rest	8-mile run	Strength + Agility	4-mile run	Strength + Agility	10-mile run	Rest
11	Rest	5-mile run	Strength Training	3-mile run	Strength Training	6-8 mile run	Rest
12	Rest	4-mile run	Strength + Agility	2-mile run	Rest	Rest	Tough Mudder!
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Key Components of the Training Plan

Strength Training: Vital for building the muscle power needed to tackle obstacles. Focus on exercises that target multiple muscles.

Agility Training: Improves coordination and speed, essential for navigating the unpredictable terrain and obstacles you'll encounter.

Running: Gradually increases in distance each week, preparing your cardiovascular system for the endurance required to complete the event.

Rest Days: Equally important as training days, allowing your body to recover and prevent injuries.