

THE MIGHTY MARCH



★MIGHTY★
MUD DASH
THE TEXAS MUD RUN

2017 WORKOUT PLAN

IT'S ALL ABOUT COURAGE

One of the main reasons people are wary of mud runs in general these days is because **they believe they are not physically fit for the challenge**. At 3.1 miles long and containing over 22 obstacles, the Mighty Mud Dash may look intimidating at first. But with the right preparation and mindset, almost anyone can conquer our course.

This simple workout plan is designed to help you overcome your fears and be better fit for the challenges our obstacle course offers.

Our plan utilizes **High-Intensity Interval Training (HIIT)**, which essentially is high-intensity workouts with periods of rest in between – an extremely effective and scientifically proven workout technique. In this case,

1. You do a **workout** one day,
2. a **break** the next day,
3. a **workout** the following day,
4. and **so on**.

We recommend starting the plan on **Sunday, March 5th** and staying committed to the plan which continues until the race on April 1st and 2nd. Or you're starting **after** March 5th, simply pick up on the current day.

Don't panic if you miss a day of working out – it's all about making progress, no matter what.

Train hard, be tough, and get muddy.



WEEK 1

THE CATALYST

March 5-11

SUN 5	MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
Conditioning: <ul style="list-style-type: none">• 5 Minute Circuit (As many times in 5 minutes)• 15X Squat Jumps• 15X Push Ups• 15X Planks• 400 Meter Run	Rest: <ul style="list-style-type: none">• Recruit friends to join you and earn money back with your shared referral link	Conditioning <ul style="list-style-type: none">• 2 sets 150 M Sprint• 3 sets of 12 Kettlebell Swings• 3 sets of 12 Jumping jacks• 3 sets of 12 push ups	Rest: <ul style="list-style-type: none">• Get your family in on the fun! Challenge them to this work out program	Conditioning <ul style="list-style-type: none">• 3 Sets of 15 Squat jumps• Run 400 Meter Run• 20 lunges	Rest: <ul style="list-style-type: none">• Enjoy the time off with some friends. Get outside	Core <ul style="list-style-type: none">• 3 Sets of 12 Alternating Bicycle Crunches• 3 Sets of 12 Crunches• 3 sets of 12 Reverse Crunch• 3 Sets of 12 JackKnife Sit-Up

WEEK 2

THE COMMITMENT

March 12-18

SUN 12	MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
Rest & Stretch: <ul style="list-style-type: none">• Running starts tomorrow	Endurance <ul style="list-style-type: none">• 30 Seconds of High Knees• Stretch• Run 1 ½ Miles	Endurance <ul style="list-style-type: none">• 30 Seconds of High Knees• Stretch• Run 2 Miles	Rest & Stretch <ul style="list-style-type: none">• Consider researching articles on how to maintain a healthy workout diet	Conditioning - 20 Minute Circuit <ul style="list-style-type: none">• 10X Mountain Climbers• 20X Burpees• 20X Push Ups• 20 Jumping Jacks	Rest & Stretch: <ul style="list-style-type: none">• Grab one of your favorite books and start reading	Core <ul style="list-style-type: none">• 3 Sets of 20 Alternating Bicycle Crunches• 3 Sets of 20 Crunches• 3 sets of 20 Reverse Crunch• 3 Sets of 20 JackKnife Sit-Up


WEEK 3 THE WILL

March 19-25

SUN 19	MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
Rest & Stretch: <ul style="list-style-type: none"> • Event day is two weeks away! 	Conditioning <ul style="list-style-type: none"> • 3 sets of 10 Pull Ups or Assisted Pull Ups • 3 sets of 20 bench dips • 3 sets of 25 Squats • 3 Sets of 20 Jumping Jacks • 5 Minutes on the row machine 	Rest & Stretch: <ul style="list-style-type: none"> • Don't give up – You can do it! 	Endurance: <ul style="list-style-type: none"> • 30-Second High Knees • Stretch • Run 2 1/2 Miles 	Rest & Stretch: <ul style="list-style-type: none"> • Share your experience so far! Post to social media about your workout and what you're about to take on 	Endurance: <ul style="list-style-type: none"> • Run 2 1/2 miles 	Rest & Stretch: <ul style="list-style-type: none"> • Take the day off and relax! • Event day is a week from now

WEEK 4 THE MIGHT

March 26 - April 1

SUN 26	MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT 1
Conditioning <ul style="list-style-type: none"> • 4 sets of 10 box Jumps • 4 sets of 30-second High Knees • 4 sets of 10 Burpees 	Rest & Stretch: <ul style="list-style-type: none"> • Event day is this weekend. Spread the word! 	Practice Run <ul style="list-style-type: none"> • Run 3.1 miles (the length of the Mighty Mud Dash). 	Rest & Stretch: <ul style="list-style-type: none"> • Look up photos and videos of our obstacles and what to expect for the event. 	Conditioning <ul style="list-style-type: none"> • 3 sets of 10X push ups • 400 Meter Run • 3 sets of 21X lungs • 3 sets of 10X Squat Jumps 	Rest & Stretch: <ul style="list-style-type: none"> • Consider Carb-load meals today. • Make sure you have all the gear you need for the race! 	 <p>EVENT DAY</p> <p>**If your wave time is on Sunday, consider taking a second day of rest today.</p>