

**Vanguard®**  
VALUE TO INVESTORS



THE VANGUARD TOUGH MUDDER  
TAKEOVER | COMPLETER

# TRAINING GUIDE

Provided by Tough Mudder.





# YOUR JOURNEY STARTS HERE.

## TRAIN TO CONQUER THE VANGUARD TOUGH MUDDER TAKEOVER.

Being "tough" is about more than strength and power. Toughness is a mindset.

This programme focuses on building that mindset and taking steps forward, every day.

No matter where you are today, set a goal and make it personal.

Put the date in your calendar, Friday 20th September 2024. And work toward it. Overcome obstacles. Conquer fears.

The Vanguard Tough Mudder Takeover Training plan isn't just to prepare you to take on an obstacle course, we work hard, we play hard, and most importantly - we do it all together as a team.

Get active with Vanguard.

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# 5 KILOMETERS. (AT LEAST) 13 OBSTACLES.

## THOUSANDS OF TEAMMATES TO GET YOU TO THE FINISH LINE.

Run, climb and crawl, you'll tackle 5K of trails, mud and rough terrain and face some of Tough Mudder's signature obstacles.

We've got 'tough' in the title for a reason and this is no walk in the park. But anyone can complete this course with a little preparation and a ton of mental grit.

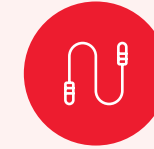
Most importantly, teamwork isn't just encouraged, it's required. Start your training now.

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# BEFORE YOU START.



## GEAR UP

Proper training gear is key to ensuring comfort and stability. Before you start, make sure you've got:

1. Comfortable cross-training shoes.
2. Moisture-wicking tops & bottoms.
3. Warm layers for cold-weather training.
4. Eco-friendly water bottle.



## SET YOUR GOALS

By the end of this programme, you should be able to:

1. Perform an exercise you couldn't do before.
2. Run up to 2km comfortably with walking intervals.
3. Perform push-ups / sit-ups non-stop for 30 seconds.
4. Perform a pull-up & dead-hang for 30 seconds.
5. Improve your monkey bar performance.



## TIPS FOR USING THIS PLAN

1. Based on your fitness baseline, you may want to repeat each week's programme twice to build up to event day.
2. Listen to your body. There is a difference between sore and pain. Be sure to stop and see a medical professional if something doesn't feel right.
3. Need more support? Check out our training videos [here](#).

# WEEK ONE

- PRACTICAL FITNESS
- SKILLS
- EXTRA CREDIT

### GETTING STARTED

Welcome to Week 1. Your first big task is complete, you've committed to progress.

This plan is designed to meet you where you are currently. Modify, increase or decrease reps and distance and add in rest days as you build up to the plan. Feel free to extend additional weeks based on your current fitness level.

### EMOM: DEFINED

"Every Minute On the Minute" is a training protocol where you complete a set amount of reps in one minute, and take the balance of time left in that minute to rest before moving on to the next.

For example on Wednesday, you'd do 50 rope skips in the first minute, 10 pushups in the 2nd minute, and 15 squats in the third minute.

### DON'T HAVE A ROPE?

For starters, you should get one. Skipping is a great move to engage your core, work your legs and promotes good balance.

If you don't have a rope, you can substitute jumping jacks for each skipping rope rep.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>6 ROUNDS</div> <div>SKIPPING ROPE</div> <div>50 REPS</div> <div>PUSHUPS</div> <div>5 REPS</div> <div>SQUATS</div> <div>10 REPS</div>	<div>ACTIVE REST</div> <div>WALK or HIKE</div> <div>AT LEAST</div> <div>1KM</div>	<div>2KM MOVE</div> <div>INTERVAL TRAINING</div> <div>400M JOG</div> <div>100M WALK</div> <div>REPEAT 4 TIMES</div>	<div>6 ROUNDS</div> <div>SKIPPING ROPE</div> <div>50 REPS</div> <div>PUSHUPS</div> <div>5 REPS</div> <div>SQUATS</div> <div>10 REPS</div>	<div>ACTIVE REST</div> <div>WALK or HIKE</div> <div>AT LEAST</div> <div>1KM</div>	<div>6 ROUNDS</div> <div>SKIPPING ROPE</div> <div>50 REPS</div> <div>PUSHUPS</div> <div>5 REPS</div> <div>SQUATS</div> <div>10 REPS</div>	<div>ACTIVE REST</div> <div>REST</div> <div>RECOVER</div> <div>STRETCH</div>
	<div>PLANK</div> <div>30 seconds</div>	<div>DEADHANG</div> <div>3 REPS x 30 SECS</div> <div>Grab onto a pull-up bar and hang on with everything you've got! Focus on your breathing and hold on tight.</div>		<div>GRIP STRENGTH</div> <div>5 REPS x 30 SECS</div> <div>Hold two dumbbells (or other weighted object you can grip) at your side. Stand tall and hold strong.</div>		<div>PLANK</div> <div>30 seconds</div>
<div>SET YOUR GOALS</div> <div>Where do you want to be in 5 weeks?</div>	<div>DRINK 3 LITERS OF WATER</div>		<div>DRINK 3 LITERS OF WATER</div>			



# WEEK TWO

- PRACTICAL FITNESS
- SKILLS
- EXTRA CREDIT

### DRINK, DRINK, DRINK

Hydration is key to helping your body flush out toxins and maintain strong muscle and cardiovascular health, especially if you've just started a new training plan.

Carry a water bottle or jug with a set amount of water in it and know how many times you need to fill to hit your 3L per day.

### GRIP STRENGTH

You'll spend a ton of time hanging from your hands as you make your way around on The Vanguard Tough Mudder Takeover course. Building resilient grip strength with skills like Single Arm Hangs will ensure your hands are prepped for event day.

### PLANKS

The plank is a foundational move to build core strength and work your abdominal muscles.

Get down on your forearms and toes, with your elbows beneath your shoulders. Raise up, keeping your back straight and neck in a neutral position. Tighten your core and hold the move for 30 seconds.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>7 ROUNDS</div> <div>SKIPPING ROPE</div> <div>50 REPS</div> <div>PUSHUPS</div> <div>5 REPS</div> <div>SQUATS</div> <div>10 REPS</div>	<div>ACTIVE REST</div> <div>WALK or HIKE</div> <div>AT LEAST</div> <div>1.5KM</div>	<div>2KM MOVE</div> <div>INTERVAL TRAINING</div> <div>400M JOG</div> <div>100M WALK</div> <div>REPEAT 5 TIMES</div>	<div>7 ROUNDS</div> <div>SKIPPING ROPE</div> <div>50 REPS</div> <div>PUSHUPS</div> <div>5 REPS</div> <div>SQUATS</div> <div>10 REPS</div>	<div>ACTIVE REST</div> <div>WALK or HIKE</div> <div>AT LEAST</div> <div>1.5KM</div>	<div>7 ROUNDS</div> <div>SKIPPING ROPE</div> <div>50 REPS</div> <div>PUSHUPS</div> <div>5 REPS</div> <div>SQUATS</div> <div>10 REPS</div>	<div>ACTIVE REST</div> <div>REST</div> <div>RECOVER</div> <div>STRETCH</div>
	<div>COLD HANDS</div> <div>For 2 minutes: put your hands in ice water for 10 seconds, then take out and squeeze a stress ball for 10 seconds.</div>	<div>DEADHANG</div> <div>5 REPS x 30 SECS</div>	<div>PLANK</div> <div>30 seconds</div>	<div>GRIP STRENGTH</div> <div>5 REPS x 30 SECS</div> <div>Hold two dumbbells (or other weighted object you can grip) at your side. Stand tall and hold strong.</div>		<div>PLANK</div> <div>30 seconds</div>
<div>RECRUIT A FRIEND</div> <div>The Vanguard Tough Mudder Takeover can be done alone, but is best as a team. Convince a colleague to join you.</div>	<div>DRINK 3 LITERS OF WATER</div>		<div>DRINK 3 LITERS OF WATER</div>			<div>HABITS</div> <div>It takes 21 days to form a habit, and you've got 21 days left of this training plan. Pick a new habit to commit to.</div>



# WEEK THREE

- PRACTICAL FITNESS
- SKILLS
- EXTRA CREDIT

**FALLING STAR**

Using the ground or a box to get above the bar, start at the top position of the pull-up with your chin over the bar, your hands just outside your shoulders and your palms facing the wall in your grip. Take your feet away from the ground/box and slowly, lower yourself to the starting position until your arms are straight and you are in a dead-hang position. Use the box to get back up to starting position.

**ADDING PROTEIN**

Protein is a key building block of muscle development, and ensuring you get enough is important to a successful training program. Check out this article [🔗](#) for tips and tricks on adding more protein to your diet.

**INTERVAL TRAINING**

You've heard your running buddies talk about intervals, maybe you've even tried yourself. Intervals are a great way to build speed and stamina incrementally. Using a watch or your phone, give your run an all-out effort for 60 seconds, and then walk/jog to recover for exactly 30 seconds. Keep on time, and repeat until you've hit your move goal.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8 ROUNDS</b> SKIPPING ROPE 50 REPS  <b>PUSHUPS</b> 5+ REPS  <b>SQUATS</b> 10+ REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 1.5KM	<b>3KM MOVE</b> INTERVAL TRAINING  <b>400M JOG</b> <b>100M WALK</b> REPEAT 6 TIMES	<b>8 ROUNDS</b> SKIPPING ROPE 50 REPS  <b>PUSHUPS</b> 5+ REPS  <b>SQUATS</b> 10+ REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 2KM	<b>WORKOUT</b> <b>8 ROUNDS</b> BEAR CRAWLS 20 STEPS  <b>STAIRCLIMBS</b> UP/DOWN INDOOR/OUTDOOR STAIRS 2x  <b>30 JUMPING JACKS</b>	<b>ACTIVE REST</b> REST  RECOVER  STRETCH
	<b>COLD HANDS</b> For 3 minutes; put your hands in ice water for 10 seconds, then take out and squeeze a stress ball for 10 seconds.	<b>FALLING STAR</b> 5 ROUNDS x 3 REPS	<b>PLANK</b> 45 seconds		<b>MONKEY BARS</b> Traverse 10 rungs hang 15 seconds on the last rung	<b>PLANK</b> 45 seconds
<b>LEVEL UP</b> Up for a challenge? Double this week's exercises.			<b>DRINK 3 LITERS OF WATER</b>		<b>DRINK 3 LITERS OF WATER</b>	<b>REFLECT</b> Did you conquer your challenges? Thank your colleagues who supported you.



# WEEK FOUR

- PRACTICAL FITNESS
- SKILLS
- EXTRA CREDIT

**PROPER FOOTWEAR**

While most of your training can be done with a good, sturdy cross-trainer or running shoe, you're going to want something with more grip for event day. The course is packed full of slippery mud and rough terrain. Make sure your shoes drain well, tie tightly and have deep treads to grip obstacles (no cleats). Always train with the shoes you're going to wear - no new footwear on event day.

**WHAT TO WEAR?**

Beyond proper footwear, having the right clothing will set you up for a good event. Conditions vary throughout the course, and you should adjust layers of moisture wicking, quick-drying clothing depending on temperature. Don't wear anything you love - as you're about to get very muddy.

**COLD HANDS, COLD SHOWERS**

Did you know cold showers and ice baths are great for muscle building and recovery? Read more on the health benefits of cold showers [🔗](#).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9 ROUNDS</b> SKIPPING ROPE 50 REPS  <b>PUSHUPS</b> 5+ REPS  <b>SQUATS</b> 10+ REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 2.5KM	<b>3KM MOVE</b> INTERVAL TRAINING  <b>400M JOG</b> <b>100M WALK</b> REPEAT 6 TIMES	<b>9 ROUNDS</b> SKIPPING ROPE 50 REPS  <b>PUSHUPS</b> 5+ REPS  <b>SQUATS</b> 10 REPS	<b>ACTIVE REST</b> WALK or HIKE AT LEAST 2.5KM	<b>WORKOUT</b> <b>8 ROUNDS</b> BEAR CRAWLS 20 STEPS  <b>STAIRCLIMBS</b> UP/DOWN INDOOR/OUTDOOR STAIRS 2x  <b>30 JUMPING JACKS</b>	<b>ACTIVE REST</b> REST  RECOVER  STRETCH
	<b>COLD HANDS</b> For 4 minutes; put your hands in ice water for 10 seconds, then take out and squeeze a stress ball for 10 seconds.	<b>FALLING STAR</b> 5 ROUNDS x 4 REPS	<b>PLANK</b> 45 Seconds		<b>MONKEY BARS</b> Traverse 20 rungs hang 20 seconds on the last rung.	<b>PLANK</b> 45 Seconds
<b>GEAR UP</b> Start training in the gear you'll wear at the event. Click here to see our guide		<b>DRINK 3 LITERS OF WATER</b>	<b>TAKE AN ICE COLD SHOWER</b>		<b>DRINK 3 LITERS OF WATER</b>	<b>VISION</b> What will crossing the finish line mean to you?





# WEEK FIVE

- PRACTICAL FITNESS
- SKILLS
- EXTRA CREDIT

### KNOW BEFORE YOU GO

If this is your first time taking on a muddy obstacle challenge make sure you take the time to read the FAQs [🔗](#), on the Tough Mudder website, your pre-event emails and understand the process for check-in.

Have your QR code and ID ready, and bring a waterproof bag to keep your personal items in. Have a question? Give us a shout on events. [europa@vanguard.co.uk](mailto:europa@vanguard.co.uk) or contact your local Business Development Manager.

### TAPER & REST

Don't push your training too hard, too close to event day. As you get closer, give yourself a day or two to rest, reset your muscles and prepare for the course.

If you're flying or have a long drive, a little jog or walk after arrival is a good idea to shake your stiffness out and loosen up before hitting the course.

### EATING FOR EVENT DAY

Get a solid carb-heavy meal the night before your event, and ensure you get a good night sleep.

Stocking up on good quality carbohydrates like pasta, potatoes and rice can give you the foundation of energy needed to tackle 5km on event day.

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday

10 ROUNDS  
SKIPPING ROPE  
50 REPS

PUSHUPS  
5+ REPS

SQUATS  
10+ REPS

ACTIVE REST  
WALK or HIKE  
AT LEAST  
3.5KM

3.5KM MOVE  
WALK 500M  
JOG 1.5KM  
WALK 500M  
JOG 1KM

MIX AND MATCH AS  
YOU NEED TO.

10 ROUNDS  
SKIPPING ROPE  
50 REPS

PUSHUPS  
5+ REPS

SQUATS  
10 REPS

COLD HANDS

For 4 minutes: put your hands in ice water for 15 seconds, then take out and squeeze a stress ball for 10 seconds.

FALLING STAR

6 ROUNDS x 4 REPS

PLANK

60 seconds

MAKE A PLAN

Learn the info you need to know before event day. Check out our [faqs](#) [🔗](#).

DRINK 3 LITERS OF WATER


EVENT DAY

5 KILOMETRES OF RUNNING, JOGGING AND WALKING AROUND, OVER AND UNDER AT LEAST 13 MUDDY OBSTACLES TO PUSH YOUR LIMITS.

THOUSANDS OF TEAMMATES TO GET YOU TO THE FINISH LINE.

PLENTY OF ICE COLD DRINK AND A HARD-EARNED HEADBAND WAITING FOR YOU.

GET ACTIVE WITH VANGUARD.



GEAR UP

Get all The Vanguard Tough Mudder Takeover training & performance gear you need on and off the course.



# GET READY FOR EVENT DAY.

## GEAR UP

Get all The Vanguard Tough Mudder Takeover training & performance gear you need on and off the course.

## KNOW THE DETAILS

Look out for all of the event day information landing in your inbox leading up to the event.

## UPGRADE YOUR TRAINING

Need more support to get you moving? Check out our weekly training videos to give you top tips on surviving the course. Or to take it one step further, you can choose to sign up to one of Tough Mudder's coaching programmes, with daily workouts and live support.

You can find out more [here](#) [🔗](#).





# Get ACTIVE with Vanguard.

Source: Tough Mudder

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