**MONDAY** 

# TRAINING WALLCHART





WEEK 1

EEK

EEK,

WEEK

## 10 ROUNDS

## SKIPPING ROPE

**PUSHUPS** 5+ REPS

SQUATS 10+ REPS

## **TUESDAY**

**ACTIVE REST** WAI K or HIKE AT LEAST

Skill Plank 30 secs

## **WEDNESDAY**

2KM MOVE INTERVAL TRAINING

400M JOG 100M WALK REPEAT 4 TIMES

## **THURSDAY**

#### 6 ROUNDS

SKIPPING ROPE 50 REPS

**PUSHUPS** 5 REPS

**SQUATS** 10 REPS

## **FRIDAY**

### **ACTIVE REST**

WAI K or HIKE AT LEAST

Grip strength 5 reps x 30 secs

## **SATURDAY**

#### 6 ROUNDS

SKIPPING ROPE 50 REPS

**PUSHUPS** 5 REPS

> **SQUATS** 10 REPS

### **SUNDAY**

#### **ACTIVE REST**

RECOVER

STRETCH

REST

Skill Plank 30 secs

### 7 ROUNDS

6 ROUNDS

50 REPS

**PUSHUPS** 

5 REPS

**SQUATS** 

10 REPS

SKIPPING ROPE

SKIPPING ROPE 50 REPS

**PUSHUPS** 5 RFPS

SQUATS 10 REPS

#### ACTIVE REST

WALK or HIKE AT LEAST

## Cold hands

2 minutes - 10 sec intervals

#### 2.5KM MOVE

INTERVAL **TRAINING** 

400M JOG 100M WALK REPEAT 5 TIMES

Deadhang 5 reps x 30 secs

Deadhang

3 reps x

30 secs

### 7 ROUNDS

SKIPPING ROPE 50 REPS

PUSHUPS 5 RFPS

**SQUATS** 10 REPS

**ACTIVE REST** WALK or HIKE AT LEAST

Grip strength 5 reps x 30 secs

### 7 ROUNDS SKIPPING ROPE

50 REPS

**PUSHUPS** 5 RFPS

SQUATS 10 REPS

### **ACTIVE REST**

REST RECOVER

STRETCH

Skill

### Plank 30 secs

#### 8 ROUNDS

**SKIPPING ROPE** 

PUSHUPS 5+ REPS

SQUATS 10+ REPS

### **ACTIVE REST**

WALK or HIKE AT LEAST 1.5KM

**ACTIVE REST** 

WALK or HIKE

AT LEAST

2.5KM

Cold hands 3 minutes - 10 sec intervals

Cold hands

4 minutes

- 10 sec

intervals

### 3KM MOVE

### INTERVAL TRAINING

3KM MOVE

INTERVAL

TRAINING

400M JOG

100M WALK

REPEAT 6 TIMES

400M JOG 100M WALK REPEAT 6 TIMES

Falling star 3 reps

Falling

4 reps

5 rounds x

### 8 ROUNDS

50 REPS

PUSHUPS

SQUATS 10+ REPS

9 ROUNDS

50 REPS

**PUSHUPS** 

5+ REPS

SQUATS

10 REPS

SKIPPING ROPE

Plank

Plank

45 secs

45 secs

Plank

30 secs

SKIPPING ROPE

5+ REPS

#### **ACTIVE REST**

WALK or HIKE AT LEAST 2KM

### 8 ROUNDS

**BEAR CRAWLS** 20 STEPS

STAIRCI IMBS UP/DOWN STAIRS 2x

30 JUMPING JACKS

#### **ACTIVE REST** REST

RECOVER STRETCH

Skill Plank 45 secs

### 9 ROUNDS

SKIPPING ROPE 50 REPS

PUSHUPS 5+ REPS

SQUATS 10+ REPS

50 REPS

### **ACTIVE REST**

## Cold hands

4 minutes - 10 sec intervals

### 3.5KM MOVE

JOG 1.5KM WALK 500M JOG 1KM

YOU NEED TO.

#### 10 ROUNDS

50 REPS

**PUSHUPS** 5+ REPS

## SKIPPING ROPE

### SQUATS 10 REPS

### **ACTIVE REST** WALK or HIKE

AT LEAST 2 5KM

#### **BEAR CRAWLS** 20 STEPS

**STAIRCLIMBS** UP/DOWN STAIRS 2x

8 ROUNDS

30 JUMPING JACKS

#### **ACTIVE REST** REST

20 rungs RECOVER hana 20 caronde on the

### Skill Plank

45 secs

STRETCH

#### **EXTRA CREDIT**

- DRINK 3 LITERS OF WATER DAILY
- TAKE AN ICE COLD SHOWER
- LEVEL UP Up for a challenge? Double this week's exercises.
- SET YOUR GOALS Where do you want to be in 5 weeks? HABITS - It takes 21 days to form a habit. Pick a new habit to commit to.
- GEAR UP Start training in the gear you'll wear at the event.
- VISION- What will crossing the finish line mean to you?

Monkey

10 rungs

hana 15

seconds

on the

Skill

bars

final

Monkey

Source: Tough Mudder



### WALK or HIKE AT LEAST 3.5KM

# WALK 500M

Falling 6 rounds x 4 reps MIX AND MATCH AS

Skill

## Plank 60 secs



For tips on training, visit

the Vanguard website