



obstacle



RACE

TRAINING



plan

BY

EMILY GOLDING

INTRODUCTION

Challenge race's are becoming increasingly popular, with over 3 million people signing up to at least one event each year.

Although obstacle races seem daunting; running miles through mud, leaping off of 12 foot platforms and getting electricued while under barbed wires, it usually ends up being a laugh for everyone involved.

I've created a six week programme that combines running and strength training that prepares you for the rhythm and challenges of an obstacle race.

This will prepare you for events such as Tough Mudder, Spartan Race, Pretty Muddy and my favourite, Bear Grylls Survival Race.

TOP TIPS

In obstacle race you will be challenged to balance on beams, complete monkey bars, climb over walls and crawl through claustrophobic tunnel and ditches. The best place to train for this? The park! Heading down to your local park is not only perfect for endurance practise but for running too.

Obstacle races tend to take place in woodland areas. So, as beneficial as running around the block over and over again for building up your stamina, you're actually better off once again heading to your local park or a close urban trail to train.

You will be using every last muscle to complete these races so its important to warm up and cool down.

WEEK ONE

Monday

1 mile easy off road run.

Tuesday

Jog to your local park and complete: 100m sprint, 2 rounds of monkey bars, 30 mountain climbers, 20 push ups & 30 second hang. Repeat 3 times.

Wednesday

1 mile run off road.

Thursday

Jog to your local park complete: 100m sprint, 2 rounds of monkey bars, 30 mountain climbers, 20 push ups & 30 second hang. Repeat 3 times.

Friday

It's Friday night so take the evening off and rest. If you can manage to do a 30 minute walk or yoga sequence to keep your body moving then do it, but don't stress yourself.

Saturday

Head down to your local park run (park.run.org.uk). These 5k events can be taken at any speed, but aim to build yourself up to 10 minutes miles or under.

Sunday

Long easy run for 30 minutes.

WEEK TWO

Monday

2 mile easy off road run.

Tuesday

Jog to your local park and complete: 100m sprint, 4 rounds of monkey bars, 40 mountain climbers, 30 push ups & 40 second hang. Repeat 3 times.

Wednesday

2 mile run off road.

Thursday

Jog to your local park and complete: 100m sprint, 4 rounds of monkey bars, 40 mountain climbers, 30 push ups & 40 second hang. Repeat 3 times.

Friday

It's Friday night so take the evening off and rest. If you can manage to do a 30 minute walk or yoga sequence to keep your body moving then do it, but don't stress yourself.

Saturday

Head down to your local park run (park.run.org.uk). These 5k events can be taken at any speed, but aim to build yourself up to 10 minutes miles or under.

Sunday

Long easy run for 35 minutes.

WEEK THREE

Monday

3 mile easy off road run.

Tuesday

Jog to your local park and complete: 100m sprint, 6 rounds of monkey bars, 50 mountain climbers, 40 push ups & 60 second hang. Repeat 3 times.

Wednesday

3 mile run off road.

Thursday

Jog to your local park and complete: 100m sprint, 6 rounds of monkey bars, 50 mountain climbers, 40 push ups & 60 second hang. Repeat 3 times.

Friday

It's Friday night so take the evening off and rest. If you can manage to do a 30 minute walk or yoga sequence to keep your body moving then do it, but don't stress yourself.

Saturday

Head down to your local park run (park.run.org.uk). These 5k events can be taken at any speed, but aim to build yourself up to 10 minutes miles or under.

Sunday

Long easy run for 40 minutes.

WEEK FOUR

Monday

4 mile easy off road run with weighted backpack.

Tuesday

Jog to your local park and complete: 200m sprint, 8 rounds of monkey bars, 60 mountain climbers, 50 push ups & 2 minute hang. Repeat 3 times.

Wednesday

4 mile run off road.

Thursday

Jog to your local park and complete: 200m sprint, 8 rounds of monkey bars, 60 mountain climbers, 50 push ups & 2 minute hang. Repeat 3 times.

Friday

It's Friday night so take the evening off and rest. If you can manage to do a 30 minute walk or yoga sequence to keep your body moving then do it, but don't stress yourself.

Saturday

Head down to your local park run (park.run.org.uk). These 5k events can be taken at any speed, but aim to build yourself up to 10 minutes miles or under.

Sunday

Long easy run for 45 minutes.

WEEK FIVE

Monday

5 mile easy off road run with weighted backpack.

Tuesday

Jog to your local park and complete: 200m sprint, 8 rounds of monkey bars, 60 mountain climbers, 50 push ups & 2 minute hang. Repeat 3 times.

Wednesday

5 mile run off road.

Thursday

Jog to your local park and complete: 200m sprint, 8 rounds of monkey bars, 60 mountain climbers, 50 push ups & 2 minute hang. Repeat 3 times.

Friday

It's Friday night so take the evening off and rest. If you can manage to do a 30 minute walk or yoga sequence to keep your body moving then do it, but don't stress yourself.

Saturday

Head down to your local park run (park.run.org.uk). These 5k events can be taken at any speed, but aim to build yourself up to 10 minutes miles or under.

Sunday

Long easy run for 50 minutes.

WEEK SIX

Monday

3 mile easy off road run.

Tuesday

Jog to your local park and complete: 200m sprint, 8 rounds of monkey bars, 60 mountain climbers, 50 push ups & 2 minute hang. Repeat 3 times.

Wednesday

3 mile run off road.

Thursday

Jog to your local park and complete: 200m sprint, 8 rounds of monkey bars, 60 mountain climbers, 50 push ups & 2 minute hang. Repeat 3 times.

Friday

It's Friday night so take the evening off and rest.

Saturday & Sunday:

RACE DAY!