

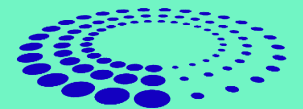


Template training plan

Tough Mudder
Intermediate



fullpotential



This template training plan has been provided by Mind's training partner, Full Potential.

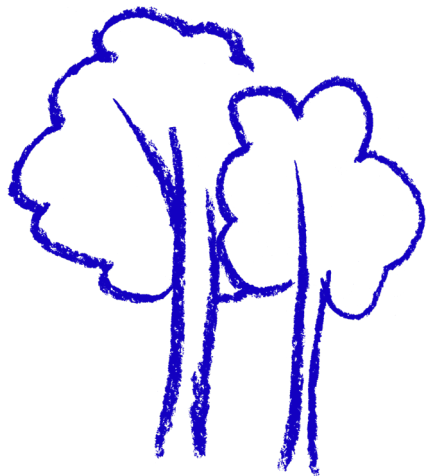
Important

Disclaimer: Full Potential is an independent service provider.

Mind does not endorse or guarantee the services of Full Potential, and you take part in a training programme recommended by Full Potential at your own risk.

It's your responsibility to consult with your GP to make sure that you're medically and physically fit and well enough to take part in a Full Potential training programme and – as per our **terms and conditions** your fundraising challenge.

Mind will not be held responsible for any injury or illness related to your training or taking part in a fundraising event.



We know physical activity can be an amazing way to support mental health. However, it isn't helpful for everyone all the time.

It's important to recognise that some of us can develop an unhealthy relationship with physical activity. Anyone can develop an unhealthy relationship with exercise.

But this may be more likely if you have certain types of mental health problems. There's lots of tips for developing a healthy relationship with physical activity on **Mind's website**.



| Type of ride | Perceived effort level (1-10) | How it should feel – The talk test |
|---------------------------------|-------------------------------|--|
| Recovery / easy run | 6 – 6.5 | You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch. |
| Steady effort run | 7 – 8 | You can speak in short sentences but have a slight pause on your breath. It sits between easy and threshold running. |
| Threshold runs | 8 – 8.5 | You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'. |
| Easy cross training (gym class) | 6 – 7 | We have plenty of cross training in the plan, it enables us to get the cardiovascular gains without the impact of running. Please use gym classes if you want to, just aim for easy / steady effort level so it compliments the running you are doing. |
| Long run | 6.5 – 7 | You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue. We recommend trying some run / walk intervals for this run. Feel free to adjust the suggested run / walk intervals. |

How the plan works

This Tough Mudder plan is designed for someone who has done some running and wants to work on their endurance, whilst also preparing for a Tough Mudder event. We'll do 2 runs a week, with rest days designed to let the body absorb the training you are doing.

A Tough Mudder event requires endurance, but also skills and techniques to help you master the obstacles that will be thrown at you on race day. Use the conditioning workout and cross training to build that training into your week. Gym classes like body pump, circuits, body balance and yoga will be a great starting point for this.

It's important that you cycle at the right effort level and intensity to ensure you're training to reach your full potential. Most people think that training "harder is better" so we end up training too hard, which can result in feeling tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the way to train smart.

On the left, is our guide to the training sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Making the training plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind.

- Key sessions for each week are highlighted in **BLUE**. These are the non-negotiable sessions that you need to fit into your diary in order to run your best race.
- Avoid key sessions on back to back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week. The only exception to this is a key session followed by an easy long run, but this is for more advanced runners.
- Sessions in **BLACK** are the supplementary training within the plan. These sessions are the ones to drop in your week if you can't fit it all in, although we hope you can find the time.



Tough Mudder training plan: intermediate

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|------------------------------|---|---|--|--|--|--------------------------|
| Week 1 | 30 minutes conditioning work | Rest day | 10 minutes warm up, 5 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down | 30 minutes conditioning work | 30 minutes easy cross training / gym class | Rest day | 50 minutes easy run |
| Week 2 | 30 minutes conditioning work | 10 minutes warm up, 3 x 5 minutes at threshold effort over undulating terrain with a 90 second recovery, 10 minutes cool down | 30 minutes easy cross training / gym class | Rest day | 30 minutes conditioning work | Rest day | 60 minutes easy long run |
| Week 3 | 30 minutes conditioning work | Rest day | 10 minutes warm up, 3 x 6 minutes at threshold effort over undulating terrain with a 90 second recovery, 10 minutes cool down | Rest day | 30 minutes recovery run | 30 minutes easy cross training / gym class | 75 minutes easy long run |
| Week 4 | 30 minutes conditioning work | Rest day | 10 minutes warm up, 3 x 7 minutes at threshold effort over undulating terrain with a 90 second recovery, 10 minutes cool down | 30 minutes easy cross training / gym class | Rest day | 30 minutes conditioning work | 60 minutes easy long run |

Tough Mudder intermediate plan

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|------------------------------|---|---|---|---|--|---------------------------|
| Week 5 | 30 minutes conditioning work | 40 minutes easy run | Rest day | 30 minutes easy cross training / gym class | 10 minutes warm up, 4 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down | Rest day | 75 minutes easy long run |
| Week 6 | 30 minutes conditioning work | 10 minutes warm up, 4 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down | Rest day | Rest day | 30 minutes easy cross training / gym class | Rest day | 90 minutes easy long run |
| Week 7 | 30 minutes conditioning work | Rest day | 10 minutes warm up, 6 x 3 minutes at 90% (10k) effort with a 90 second recovery, 10 minutes cool down | Rest day | 30 minutes easy cross training / gym class | 5km park run | Rest day |
| Week 8 | 30 minutes conditioning work | 40 minutes easy cross training / gym class | Rest day | 10 minutes warm up, 5 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down | Rest day | 30 minutes easy cross training / gym class | 90 minutes easy long run |
| Week 9 | 30 minutes conditioning work | 40 minutes easy cross training / gym class | 10 minutes warm up, 6 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down | Rest day | 40 minutes easy run | 30 minutes conditioning work | 105 minutes easy long run |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|------------------------------|---|---|---------------------|--|-------------------------------|--------------------------|
| Week 10 | 30 minutes conditioning work | 10 minutes warm up, 5 x 6 minutes at threshold effort with a 90 second recovery, 10 minutes cool down | 40 minutes easy cross training / gym class | Rest day | 10 minutes warm up, 5 x 2 minutes at 90% (10km) effort with a 90 second recovery, 10 minutes cool down | Rest day | 90 minutes easy long run |
| Week 11 | 30 minutes conditioning work | 30 minutes easy cross training / gym class | 10 minutes warm up, 5 x 5 minutes at threshold effort with a 90 second recovery, 10 minutes cool down | Rest day | 10 minutes warm up, 5 x 3 minutes at 90% (10km) effort with a 90 second recovery, 10 minutes cool down | 30 minutes conditioning work | 60 minutes easy run |
| Week 12 | Rest day | 10 minutes warm up, 3 x 3 minutes at threshold effort with a 90 second recovery, 10 minutes cool down | Rest day | 20 minutes easy run | Rest day | 15 minutes easy run + strides | Tough Mudder |

Thank you for supporting Mind!

Did you know...?

Full Potential would be happy to provide you with a personalised training plan. To get your plan and to see other training content, visit mind.org.uk/traininghub

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