

Tough Mudder

Training Plan

with Cathe Friedrich

Step 1



Sign up for Cathe on Demand



Don't panic. You can cancel after 12 weeks (Although you may not want to)



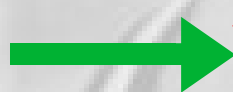
Print Out the Tough Mudder Training Circuits



Step 2

You can copy this link to find the circuits: <http://bit.ly/1UODatJ>

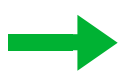
Step 3



Get some Dumbbells and a step

★ that's enough to get you started--you can decide if you want more accessories later

Start
HERE



Pick One Workout Every Day

★ Tip-Follow all of my Tough Mudder training tips at www.onestrongsoutherngirl.com/blog-posts/ (Use the Tough Mudder tag.)

Week 1 Workouts

| | | | | | | |
|--------------------------------------|---|------|-----------------------------|------------------------------------|----------------------------|-----------------------------------|
| Run 3 miles Do TM Circuits 1-3 | Run 3 miles + Party Rockin' Step #1 | REST | Run 4 miles + Flex Train | The Terminator, Imax Extreme | Run 3 miles + Afterburn | Body Max 2 (Scrambled Eggs) |
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Tip-The workouts in () are premixes. Find these under the Workout Blender on Cathe.com. The rest are under My Videos

Week 2 Workouts

| | | | | | | |
|---------------------------------------|--|------|--|---|-----------|-------------------------------|
| Run 5 miles, TM Circuits 1, 4, & 5 | High Intensity Cardio Step LIVE* | REST | Run 3 miles + High Step Training | Run 3 miles + Cathe Greatest HitsV1 (Timesaver 4) | Intensity | Run 3 miles + TM Circuit 1 |
|---------------------------------------|--|------|--|---|-----------|-------------------------------|

Tip-LIVE Cathe workouts are under the Cathe Live and the My Videos tab of your Cathe.com membership*

Week 3 Workouts

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|-------------|----------|--|-------------|-----------|------|-----------------------------|
| Run 6 miles | Body Max | Run 3 miles + Plyo HiIT One & Two (Plyo HiIT 2, Double It) | Run 4 miles | X10 (X77) | REST | Run 3 miles + To the Max |
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Week 4 Workouts

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| Run 7 miles | REST | Run 3 miles + High Step Challenge | X10 (X77) | Run 4 miles + Plyo HiIT Two | Run 3 miles + Party Rockin' Step 1 | High Intensity Interval Training (Double Wave Pyramid) |
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Week 5 Workouts

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| Run 8 miles | Body Max 2 (Boot Camp) | REST | Run 4 miles + 4-Day Split Cardio & Weights (Higher Intensity Step) | REST | Run 3 miles + Afterburn | Run 3 miles + High Intensity Interval Training (30/30) |
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Tip-Do the 7 workouts every week in any order that works for you. And never skip your runs.

Week 6 Workouts

| | | | | | | |
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| Run 9 miles | Run 3 miles + Xtrain Super Cuts | REST | Run 3 miles + Metabolic Circuit Blast LIVE | Greatest Hits V1 Step (Circuit & Intervals) | 4-Day Split Cardio & Weights (Boot Camp Circuit Upper Body) | Run 4 miles + TM Circuit 1 |
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Week 7 Workouts

| | | | | | | |
|------|--|---------------|--|--------------------------------|----------------------|-----------------|
| REST | 4-Day Split Cardio & Weights (Premix #8, Kickbox & Upper Body Weights) | To The Max | Run 4 miles + Intensity Series: Boot Camp | Run 3 miles + Plyo HiIT Two | Xtrain Tabatacise | Run 10 miles |
|------|--|---------------|--|--------------------------------|----------------------|-----------------|

Week 8 Workouts

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|------|----------|--|---|----------------|----------------------------|----------------|
| REST | Body Max | Run 3 miles + Metabolic Conditioning LIVE | Run 3 miles + 4-Day Split Cardio & Weights, High Intensity Step (Premix #7) | Run 5 miles | Run 3 miles + Afterburn | Run 3 miles |
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Week 9 Workouts

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| Intensity (Maximum Intensity) | Run 5 miles + Circuit Blast | To the Max (To the Max Extreme) | Run 6 miles | REST | Low Max | Run 3 miles |
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Week 10 Workouts

| | | | | | | |
|-----------------|------|---|----------------|------------|---|------------------------------|
| Run 11 miles | REST | Run 3 miles + Xtrain Super Cuts (Super Cuts + Core 1) | Run 5 miles | Muscle Max | Run 3 miles + Drill Max (Cardio & All Upper Body) | Cardio Fusion (Mix & Max) |
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Week 11 Workouts

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| Run 12 miles | CrossFire (CrossFire +Core) | REST | Run 5 miles + Low Impact HiIT Two | Intensity (Maximum Intensity) | Body Max | Run 3 miles |
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Week 12 Workouts

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| Run 3 miles | The Terminator (Imax Extreme) | High Intensity Interval Training (30/30) | Boot Camp | Run 2 miles + all 5 TM Circuits | REST | Run Your Tough Mudder Today! |
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