

The ~~fit~~ Hot Stuff to Rough 'n Tough 6 week Mudder Cardio Plan

This ain't your first rodeo. You can run 3 miles, you know your way around a dumbbell and you might not even mind doing burpees- well, for the first 30 seconds, anyway. This is your fine tuning plan. Keep working that smile- you are golden! This plan starts Monday June 11

week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1 6/11- 6/17	Warm up* Run 1 mile, do 12 pushups & 12 jump squats. Run ½ mile, do 15 burpees. Run 1 mile cool down**	Strength train	Warm up Run 5 min, do side shuffles (3 count) for 30 sec followed by mountain climbers for 30 sec. Run 10 min, repeat side shuffle & mtn. climber. Run 15 min. cool down & stretch	Strength train	Warm up 30 min.jog/run Find rolling hills to run if possible. Cool down & stretch	Make-up day. Did you miss a training day this week? Here's your chance to make it up!	Rest
2 6/18- 6/24	Warm up Run 1 mile, do 12 pushups & 12 jump squats. Run ½ mile, do 15 burpees. Run 1 mile Cool down & stretch	Strength train	Warm up Run 5 min, do side shuffles (3 count) for 30 sec followed by mountain climbers for 30 sec. Run 10 min, repeat side shuffle & mtn. Climber. Run 15 min. cool down & stretch	Strength train	Warm up 30 min.jog/run Find rolling hills to run if possible. Cool down & stretch	Of course, you could always add another day of strength training, too...	Rest
3 6/25- 7/1	Warm up Run 5 min, 15 sec high knees, 15 sec butt kicks. Run 7 min, sprint 1 min. run 5 min, 15 sec high knees, 15 sec butt kicks x2. Run 7 min, sprint 1 min. Run 3 min. Cool down	Strength train	Warm up Run 5 min, do 10 burpees. Run 5 min, do 10 sec. Jumping jacks, 10 sec jump rope x3 Run 5 min do plank with shoulder touch 20x & plank with foot tap 20x. Run 5 min. Cool down & stretch	Strength train	Warm up 35 min.jog/run Find rolling hills to run if possible. Cool down & stretch	This would be a great day to do yoga!	Rest

<p>4 7/2- 7/8</p>	<p>Warm up Run 5 min, do 15 sec high knees, 15 sec butt kicks. Run 7 min, sprint 1 min. run 5 min, do 15 sec high knees, 15 sec butt kicks x2. Run 7 min, sprint 1 min. Run 3 min. Cool down & stretch</p>	<p>Strength train</p>	<p>Warm up Run 5 min, do 10 burpees. Run 5 min, do 10 sec. Jumping jacks, 10 sec jump rope x3 Run 5 min do plank with shoulder touch 20x & plank with foot tap 20x. Run 5 min. Cool down</p>	<p>Strength train</p>	<p>Warm up 35 min.jog/run Find rolling hills to run if possible. Cool down & stretch</p>	<p>If you eat junk food after you work out you will be more sore.</p>	<p>Rest</p>
<p>5 7/9- 7/15</p>	<p>Warm up Find hills! Run uphill, jog down for 5 min. Run 3 min, do 3 count side shuffle for 20 sec & mtn climber 20 sec. Run uphill, jog down for 5 min. Run 3 min, do 3 count side shuffle for 20 sec & mtn climber 20 sec. Run uphill, jog down for 5 min. Run 3 min, do 3 count side shuffle for 20 sec & mtn climber 20 sec. Run uphill, jog down for 5 min. Run 3 min, do 3 count side shuffle for 20 sec & mtn climber 20 sec. Run uphill, jog down for 5 min. Run 3 min, do 3 count side shuffle for 20 sec & mtn climber 20 sec. Jog 2 min Cool down</p>	<p>Strength train</p>	<p>Warm up Run 5 min, do 10 pushups & 10 squat jumps. Run 3 min, Sprint 1 min. Run 5 min, do 10 pushups & 10 squat jumps. Run 3 min, Sprint 1 min. Run 5 min, do 10 pushups & 10 squat jumps. Run 3 min, Sprint 1 min. Jog 2 min Cool down & stretch</p>	<p>Strength train</p>	<p>Warm up 40 min.jog/run Find rolling hills to run if possible. Cool down & stretch</p>	<p>This is a great time to start drinking more water every single day.</p>	<p>Rest</p>

6 7/16- race!	<p>Warm up</p> <p>Find hills!</p> <p>Run uphill, jog down for 5 min. Run 3 min, do 3 count side shuffle for 20 sec & mtn climber 20 sec. Run uphill, jog down for 5 min. Run 3 min, do 3 count side shuffle for 20 sec & mtn climber 20 sec. Run uphill, jog down for 5 min. Run 3 min, do 3 count side shuffle for 20 sec & mtn climber 20 sec. Run uphill, jog down for 5 min. Run 3 min, do 3 count side shuffle for 20 sec & mtn climber 20 sec. Run uphill, jog down for 5 min. Run 3 min, do 3 count side shuffle for 20 sec & mtn climber 20 sec. Jog 2 min Cool down</p>	Strength train	<p>Warm up</p> <p>Run 5 min, do 10 pushups & 10 squat jumps. Run 3 min, Sprint 1 min. Run 5 min, do 10 pushups & 10 squat jumps. Run 3 min, Sprint 1 min. Run 5 min, do 10 pushups & 10 squat jumps. Run 3 min, Sprint 1 min. Jog 2 min</p> <p>Cool down & stretch</p>	Rest	Rest	<p>RACE DAY!</p> <p>You did it!</p> <p>Yay!</p> <p>I'm so proud of you! ☺</p>	Rest
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*Warm-up. I like a 3-5 minute walk. Start slow and walk faster as you get warmed up. DO NOT ever think that you can skip the warm up. Nope. Don't do it. The warm up gets your body ready- your bones, muscles, hormones, and brain. If you skip it you increase your risk of injury and you make your body crabby. You do not want to make your body crabby. Trust me.

**Cool-down (see the lecture above about not skipping this part and a crabby body). Got it? I lecture because I care. ♥ Cool-down is a 2- 5 minute walk followed by stretches. Again- DO NOT SKIP! Check out our facebook video on stretches if you would like some ideas.