

TRAINING PLAN:

INTERMEDIATE '10KM' OBSTACLE COURSE RACE

WRITTEN FOR COMBAT STRESS

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	KEY
<u>WEEK 1</u>	OUT AND BACK 20 min	BURPEE RUN 6km steady with 15 burpees every km	BMF or CIRCUIT x 6	LONG RUN 50 min	WU: Warm up CD: Cool down Out and back: Run for the required time in one direction then turn back, returning faster Long run: A light jog where you are easily able to talk. Alternate power walk and running if needed - it's time spent on your feet that matters. Free Running: Whilst jogging, seek out obstacles: mud, jumps, benches, sprints. Have some fun! Circuit: If unable to do a BMF class, complete x number of sets of each circuit below. Include a water break half way through your workout. Circuit 1 8 push ups 8 lunges right and left 10 crunches 100m sprint 8 burpees 20m bear crawl 30sec plank 400m sprint Circuit 2 12 squats 16 mountain climbers 30sec plank 100m sprint 8 squat jumps 20m bear crawl 10 sit ups 400m sprint *Additional* Grip strength: Get your hands used to supporting your body weight by hanging from everything you can find: doors, bars, trees.
<u>WEEK 2</u>	FARTLECK WU 10 min steady 8 x 2 min fast + 2 min slow CD 10 min jog	BMF or CIRCUIT x 8	BURPEE RUN 7km steady with 15 burpees every km	LONG RUN 60 min	
<u>WEEK 3</u>	HILL REPEAT WU 10 min steady 6 x 2 min hill sprints CD 10 min jog	BMF or CIRCUIT x 9	FREE RUNNING 8km	LONG RUN 60 min	
<u>WEEK 4</u>	BMF or CIRCUIT x 10	BEST EFFORT 5k	BMF or CIRCUIT x 12	MAINTENANCE WORK Stretch out any niggles	
<u>WEEK 5</u>	OUT AND BACK 25 min	BMF or CIRCUIT x 10	FARTLECK BURPEES WU 10 min steady 4 x 1km fast 15 burpees 1km slow	LONG RUN 70 min	
<u>WEEK 6</u>	FREE RUNNING 8km	BMF or CIRCUIT x 12	HILL REPEAT WU 10 min steady 10 x 2 min hill sprints CD 10min jog	LONG RUN 80 min	
<u>WEEK 7</u>	BEST EFFORT 5k	BMF or CIRCUIT x 12	FARTLECK BURPEES WU 10 min steady 5 x 1km fast 20 burpees 1km slow	LONG RUN 60 min	
<u>WEEK 8</u>	BMF or CIRCUIT x 8	LIGHT JOG 30 min	LIGHT JOG 30 min	RACE DAY! Get muddy and have fun!	