

# The ~~fit~~ I Used To Be Buff to Rough 'n Tough Mudder Cardio Plan

~The 8 week cardio training agenda starts Mon May 28~

This is for the “hey I can probably run 3 miles and I kind of workout” person who may or may not have ever completed a mud run or a 5k. No worries. There's muscle memory! Yay!... Work hard anyway.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1 5/28-6/3	Warm-up 5 min* walk 1.5 min jog 1.5 min for 30 min  cool down/stretch**	Strength day	Warm-up 5 min walk 1.5 min jog 1.5 min for 30 min  cool down/stretch	Strength day	Warm-up 5 min walk 1.5 min jog 1.5 min for 30 min  cool down/stretch	Make-up day. Did you miss a training day this week? Here's your chance to make it up!	rest
Week 2 6/4-6/10	Warm up walk 1.5 min jog 2 min for 30 min  cool down/stretch	Strength day	Warm up walk 1.5 min jog 2 min for 30 min  cool down/stretch	Strength day	Warm up walk 1.5 min jog 2 min for 30 min  cool down/stretch	Of course, you could always add another day of strength training, too...	rest

Week 3 6/11-6/17	Warm up Walk 1 minute jog 2 min for 35 min  cool down/stretch	Strength day	Warm up Walk 1 minute jog 2 min for 35 min  cool down/stretch	Strength day	Warm up Walk 1 minute jog 2 min for 35 min  cool down/stretch	This would be a great day to do yoga!	rest
Week 4 6/18-6/24	Warm up Walk 1 min jog 3 min for 35 min  cool down/stretch	Strength day	Warm up Walk 1 min jog 3 min for 35 min  cool down/stretch	Strength day	Warm up Walk 1 min jog 3 min for 35 min  cool down/stretch	If you eat junk food after you work out you will be more sore.	rest
Week 5 6/25-7/01	Warm up walk 1 minute jog 5 min for 35 min  cool down/stretch	Strength day	Warm up walk 1 minute jog 5 min for 35 min  cool down/stretch	Strength day	Warm up walk 1 minute jog 5 min for 35 min  cool down/stretch	Oatmeal is a great breakfast.	rest

Week 6 7/02-7/08	Warm up jog 25 min cool down/stretch	Strength day	Warm up jog 25 min cool down/stretch	Strength day	Warm up jog 25 min cool down/stretch	This is a good time to start drinking more water.	rest
Week 7 7/09-7/15	Warm up jog 30 min cool down/stretch	Strength day	Warm up jog 30 min cool down/stretch	Strength day	Warm up jog 30 min cool down/stretch	Holy cow! You're doing it!!!	rest
Week 8 7/16-race!	Warm up jog 35 min cool down/stretch	Strength day	Warm up jog 35 min cool down/stretch	Rest	Rest	Race day! I'm so proud of you! ♥☺♥	

\*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.