

The ~~fit~~ Marshmallow Fluff to Rough 'n Tough Mudder Cardio Plan

This is for the very beginner, the accident prone, the previously injured, or newbies ~ you got this!

This plan starts Monday April 30th!

	Monday	Tuesday	Wednesday	Thur	Friday	Saturday	Sun
Week 1 4/30-5/6	Warm-up 5 min* walk 90 seconds jog 30 seconds for 25 min cool down/stretch**	Strength day	Warm-up 5 min walk 90 seconds jog 30 seconds for 25 min cool down/stretch	Strength day	Warm-up 5 min walk 90 seconds jog 30 seconds for 25 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 5/7-5/13	Warm-up 5 min walk 90 seconds jog 30 seconds for 25 min cool down/stretch	Strength day	Warm-up 5 min walk 90 seconds jog 30 seconds for 25 min cool down/stretch	Strength day	Warm-up 5 min walk 90 seconds jog 30 seconds for 25 min cool down/stretch	Of course, you could always do another day of strength training, too...	rest
Week 3 5/14-5/20	Warm-up 5m walk 2 min jog 1 min for 25 min cool down/stretch	Strength day	Warm-up 5 min walk 2 min jog 1 min for 25 min cool down/stretch	Strength day	Warm-up 5 min walk 2 min jog 1 min for 25 min cool down/stretch	This is also a great day to do some yoga!	rest
Week 4 5/21-5/27	Warm-up 5 min walk 2 min jog 1 min for 30 min cool down/stretch	Strength day	Warm-up 5 min walk 2 min jog 1 min for 30 min cool down/stretch	Strength day	Warm-up 5 min walk 2 min jog 1 min for 30 min cool down/stretch	Just make sure that you rest at least one day a week.	rest
Week 5 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	Wanna go for a swim?	rest
Week 6 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	Are you eating healthy foods? At least try for 80% of the time. Fine. 60%?	rest

Week 7 *** 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	If you eat junk food after you work out you will be more sore.	rest
Week 8 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	Oatmeal is a great breakfast.	rest
Week 9 6/25-7/1	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	Biking is great for your legs!	rest
Week 10 7/2-7/8	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 11 7/9-7/15	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 12 7/16-race!	Warm up jog 35 min cool down/stretch	Strength day	Warm up jog 35 min cool down/stretch	Rest or do light work out	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.

*** You can follow this 'walk 1 minute, jog 2 min' plan for the rest of the training. It's called The Galloway Method. I ran 2.5 marathons and a few half-marathons using this method. I kicked some butt, too! It's great for preventing injuries, reducing muscle overuse and soreness, and it's just a nice overall technique to use when you want to do a race but just can't run the whole time. I love it!