

12-week

# TOUGH MUDDER TRAINING

with Beachbody

## Step 1



Sign up for Beachbody on Demand

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

## Step 2



Print Out the Tough Mudder Training Circuits

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

## Step 3



★ Get some dumbbells and a pull-up bar

★ *That's enough to get you started--you can decide if you want more accessories as you go*

Start here



Pick 1 Workout Every Day

★ Tip- Do the 7 workouts every week in any order that works for you. Make sure you get in all your runs.

### WEEK 1 WORKOUTS

- Run 3 miles + TM Circuits 1-3
- Run 3 miles + Insanity Max Interval Circuit
- REST
- Run 4 miles + P90X Shoulders + Arms
- Turbo Fire 55 EZ
- Run 3 miles + Insanity Asylum Strength
- Insanity Max Interval Circuit

### WEEK 3 WORKOUTS

- Run 6 miles
- TM Circuits 1-5 + Ab Ripper X or X2
- Run 3 miles + P90X2 Plyocide
- Run 4 miles
- Insanity Plyometric Cardio Circuit + 2 TM Circuits
- REST
- Run 3 miles + P90X3 Agility X + TM Circuits 1 & 3 or 1 & 5

Tip-Insanity Max:30 is part of the premium content in BOD. You'll need to pay for access to the premium content or purchase Insanity Max:30 at this point. I recommend you buy Max:30. It's worth it.

### WEEK 5 WORKOUTS

- Run 8 miles
- Insanity Asylum Game Day
- REST
- Run 4 miles + any 2 TM Circuits + P90X2 Back & Biceps
- REST
- Run 3 miles + P90X2 PAP Upper
- Run 3 miles + Insanity Max:30 Sweat Intervals

Tip- Get all my Tough Mudder tips at [www.onestrongsoutherngirl.com/blog-posts/](http://www.onestrongsoutherngirl.com/blog-posts/) Use the Tough Mudder tag.

### WEEK 7 WORKOUTS

- REST
- P90X3 The Warrior + P90X2 Triometrics
- Insanity Max Cardio Conditioning
- Run 4 miles + P90X2 X2 Total Body
- Run 3 miles + Insanity Max:30 Cardio Challenge OR P90X3 Agility X
- Insanity The Asylum Speed & Agility
- Run 10 miles

### WEEK 9 WORKOUTS

- P90X3 Agility X + Insanity Max:30 Max Out Strength
- Run 5 miles + Insanity The Asylum Speed & Agility
- P90X3 The Challenge + Insanity Max:30 Max Out Cardio
- Run 6 miles
- REST
- P90X3 Eccentric Lower + Insanity Max:30 Max Out Sweat
- Run 3 miles

### WEEK 11 WORKOUTS

- Run 12 miles
- P90X3 CVX + Ab Ripper X2
- REST
- Run 5 miles + Insanity Max:30 Max Out Power
- Insanity Max Cardio Conditioning + Insanity Insane Abs
- Insanity Max:30 Tabata Strength + P90X3 Incinerator
- Run 3 miles

### WEEK 2 WORKOUTS

- Run 5 miles + TM Circuits 1, 4 & 5
- Turbo Fire 45 EZ
- REST
- Run 3 Miles + Insanity Max Cardio Conditioning
- Run 3 miles + Insanity Asylum Game Day
- Insanity Max Interval Plyo
- Run 3 miles + any 1 TM Circuit

### WEEK 4 WORKOUTS

- Run 7 miles
- REST
- Run 3 miles + P90X2 Total Body + any 2 TM Circuits
- All 5 TM Circuits + Insanity Cardio Abs
- Run 4 miles + Insanity Max:30 Cardio Challenge
- Run 3 miles + Turbo Fire 55 EZ OR Insanity Max Interval Circuit
- Insanity Max:30 Cardio Challenge

### WEEK 6 WORKOUTS

- Run 9 miles
- Run 3 miles + P90X3 Incinerator
- REST
- Run 3 miles + Turbo Fire, Fire 30 Class
- Insanity The Asylum, Speed & Agility
- P90X3 Eccentric Upper + Insanity Max:30 Sweat Intervals
- Run 4 miles + one TM circuit

### WEEK 8 WORKOUTS

- REST
- Insanity Max Interval Plyo + Insanity Max:30 Ab Attack
- Run 3 miles + P90X2 Plyocide
- Run 3 miles + all 5 TM Circuits
- Run 5 miles
- Run 3 miles + P90X3 Triometrics
- Run 3 miles

### WEEK 10 WORKOUTS

- Run 11 miles
- REST
- Run 3 miles + P90X2 Shoulders + Arms + Insanity Insane Abs
- Run 5 miles
- P90X2 Total Body
- Run 3 miles + Insanity Max:30 Friday Fight Round 1 + P90X3 The Challenge
- P90X3 The Warrior + Insanity Max:30 Sweat Intervals

### WEEK 12 WORKOUTS

- Run 3 miles
- Insanity Max:30 Friday Fight Round 2 + any 2 TM Circuits
- Insanity Core Cardio & Balance
- P90X2 X2 Core
- Run 2 miles + all 5 TM Circuits
- REST (make sure you have a REST DAY on the day before your Tough Mudder)
- RUN YOUR TOUGH MUDDER