



8-WEEK BEGINNER TRAINING PLAN



**USE THIS PLAN TO SMASH THE 8K
ENDURANCE CATEGORY AT X RACE
BATTLE AT BLAISE!**

3K TRAIL RUN

100M BLOCK CARRY | 100M LOG CARRY | 100M KEG CARRY

60M BROAD JUMP | 50M BEAR CRAWL | 40M BURPEE BROAD JUMP

3K RUCK RUN

50 WEIGHTED ROPE JUMP | 1000M ROW | 50 WEIGHTED ROPE JUMP

15M TYRE PULL | 15M TYRE DRAG | 30 SANDBAG OVER SHOULDER

400M ASSAULT COURSE (3 LAPS)



THE PLAN OUTLINES 4 SESSIONS PER WEEK:

- 1 RUNNING SESSION**
- 1 RUCKING SESSION**
- 1 STRENGTH SESSION**
- 1 X-RACE SESSION**

**DON'T WORRY IF YOU MISS A DAY, JUST CARRY ON
THE PLAN FROM THE NEXT SESSION ON THE
SCHEDULE.**

GOOD LUCK!

SAMPLE SCHEDULE

DAY 1 - RUNNING SESSION

DAY 2 - STRENGTH SESSION

DAY 3 - REST

DAY 4 - RUCKING SESSION

DAY 5 - X RACE SESSION

DAY 6 - REST

DAY 7- REST

THIS IS BY NO MEANS A SET SCHEDULE ON HOW YOU SHOULD COMPLETE THIS PLAN. ADJUST THE DAYS TO SUIT YOUR WORK, LIFESTYLE ETC.

RUNNING SESSION

1 RUN A WEEK FOCUSED ON BUILDING UP THE ENDURANCE IN YOUR LEGS NOT JUST FOR THE TRAIL RUNNING PORTION OF THE RACE BUT FOR THE ENTIRE EVENT!

DISTANCE SESSIONS

EACH WEEK, YOU WILL HAVE A TARGET DISTANCE SESSION THAT WILL INCREASE AS YOU BUILD TO THE DISTANCE OF THE X RACE. THESE SESSIONS SHOULD BE RUN AT A CONSISTENT PACE. AS THE WEEKS PROGRESS, YOU'LL GAIN A BETTER UNDERSTANDING OF THE PACE YOU CAN MAINTAIN, AIM FOR THE SAME PACE EACH KM. THE STRAVA APP IS GREAT FOR TRACKING DISTANCE RUNS!

LOCATION

IF YOU CAN, TRY AND GET SOME HILLS & TRAILS INTO YOUR RUNS OCCASIONALLY. THIS WILL HELP YOU TO BETTER PREPARE FOR THE TERRAIN AT BLAISE CASTLE!

WEEK 1 - 4KM

WEEK 2 - 5KM

WEEK 3 - 6KM

WEEK 4 - 7KM

WEEK 5 - 8KM

WEEK 6 - 9KM

WEEK 7 - 10KM

WEEK 8 (RACE WEEK) - 5KM EASY

RUCKING SESSION

1 RUCKING SESSION A WEEK FOCUSED ON GETTING YOUR BODY USED TO RUNNING WITH WEIGHT & DOING SO EFFECTIVELY!

THESE SESSIONS WILL ALTERNATE BETWEEN INTERVALS OF RUNNING WITH THE BACKPACK AND WALKING WITH THE BACKPACK WITH THE OVERALL AIM BEING TO GET YOU USED TO RUNNING FOR 24 MINUTES PLUS WITH A BACKPACK, WITHOUT STOPPING! MEN SHOULD AIM TO RUN WITH 15KG IN THE BACKPACK AND WOMEN WITH 10KG BUT BUILD UP TO THIS IF NECESSARY.

FOR THE RUNNING INTERVALS FOCUS ON KEEPING A SMOOTH PACE AND KEEPING YOUR BREATHING UNDER CONTROL. IF YOU'VE NEVER RUN WITH WEIGHT, IT WILL FEEL STRANGE TO START WITH BUT YOU'LL SOON GET USED TO IT!

WEEK 1 - 1 MINUTE RUNNING / 1 MINUTE WALKING X 12

WEEK 2 - 2 MINUTES RUNNING / 1 MINUTE WALKING X 8

WEEK 3 - 4 MINUTES RUNNING / 1 MINUTE WALKING X 5

WEEK 4 - 8 MINUTES RUNNING / 2 MINUTES WALKING X 3

WEEK 5 - 12 MINUTES RUNNING / 3 MINUTES WALKING X2

WEEK 6 - 12 MINUTES RUNNING / 90 SECONDS WALKING X2

WEEK 7 - 24 MINUTES RUNNING

WEEK 8 (RACE WEEK) - REST

STRENGTH SESSIONS

YOU HAVE TWO SESSIONS TO ALTERNATE BETWEEN FROM ONE WEEK TO THE NEXT! (SO WEEK 1 DO SESSION 1 AND WEEK 2 DO SESSION 2 AND SO ON).

ONE SESSION FOCUSES ON BODYWEIGHT ENDURANCE & OBSTACLE-SPECIFIC PULLING STRENGTH.

THE SECOND SESSION FOCUSES ON ODD OBJECT (SANDBAG) STRENGTH & CARRYING CAPACITY!

STRENGTH SESSION 1 (BODYWEIGHT ENDURANCE)

32MIN EMOM (EVERY MINUTE ON THE MINUTE)

PERFORM:

MINUTE 1 - PRESS UPS*

MINUTE 2 - JUMP SQUATS*

MINUTE 3 - PULL UPS*

MINUTE 4 - REST

***SCALE ANY OF THE MOVEMENTS WHERE NEEDED TO ENSURE GOOD FORM & CONSISTENT REPS.**

PICK A NUMBER THAT YOU CAN CONSISTENTLY HIT OVER THE 8 ROUNDS. THERE'S NO POINT GOING FOR A MAX EFFORT SET ON PUSH UPS IN THE FIRST ROUND AND THEN NOT BE ABLE TO GET ANYWHERE NEAR THOSE REPS IN THE FOLLOWING ROUNDS. WE WANT CONSISTENCY & CONTROL HERE!

A GOOD AIM IS 10-15 REPS ON THE PRESS UPS, 15-20 ON THE JUMP SQUATS & 5-10 ON THE PULL UPS FOR THE ENTIRE 8 ROUNDS BUT ALWAYS BUILD UP TO THIS OVER THE 8 WEEKS IF NEEDED.

HOW TO PROGRESS?

MORE REPS BUT FIRST MORE CONTROL!

SO FOR EXAMPLE, SAY IN WEEK 1, YOU HIT 8 SOLID ROUNDS OF 10 PUSH UPS AND FINISH THAT LAST ROUND FEELING LIKE YOU HAVE SOMETHING LEFT IN THE TANK, NEXT TIME YOU HIT THIS SESSION, GO FOR 9 REPS A ROUND!

IF HOWEVER, IN THAT FIRST WEEK, YOU HIT THOSE 8 ROUNDS AND YOU STRUGGLE TO HIT THOSE 10 PUSH UPS IN THOSE FINAL ROUNDS, DON'T GO UP...KEEP THE SAME NUMBER FOR THE NEXT SESSION AND FOCUS ON PERFORMING THOSE SAME REPS WITH MORE CONTROL AND BETTER FORM. ONCE THAT'S COMPLETED MOVE ON UP!

STRENGTH SESSIONS

STRENGTH SESSION 2 SANDBAG & CARRYING STRENGTH

CIRCUIT 1

PERFORM THE FOLLOWING IN A CIRCUIT WITH MINIMAL REST IN BETWEEN EXERCISES. PICK A WEIGHT THAT CHALLENGES YOU BUT ALLOWS YOU TO COMPLETE MOVEMENTS WITH GOOD FORM!

3-4 ROUNDS OF:

- 5 SANDBAG OVER SHOULDER
- 10 BEAR HUG SANDBAG WALKING LUNGES
- 15 BEAR HUG SANDBAG SQUATS

REST 90-2MINS BETWEEN SETS

CIRCUIT 2

PERFORM THE FOLLOWING IN A CIRCUIT WITH MINIMAL REST IN BETWEEN. PICK A WEIGHT THAT CHALLENGES YOU BUT ALLOWS YOU TO COMPLETE MOVEMENTS WITH GOOD FORM!

3-4 ROUNDS OF:

- 30M DOUBLE KETTLEBELL OVERHEAD CARRY (STRAIGHT INTO)
- 30M DOUBLE KETTLEBELL FRONT RACK CARRY (STRAIGHT INTO)
- 30M DOUBLE KETTLEBELL FARMER'S CARRY

REST 90-2MINS BETWEEN SETS

HOW TO PROGRESS?

SLOWLY LOOK TO ADD WEIGHT OVER THE SESSIONS BUT ONLY DO SO WHEN THE CURRENT WEIGHT STARTS TO FEEL TOO EASY BY THE END OF THE PRESCRIBED 4 ROUNDS.

X RACE SESSIONS

1 X RACE SESSION PER WEEK

RUNNING AND STRENGTH TRAINING ARE ESSENTIAL PARTS TO YOUR PLAN. HOWEVER, IT IS IMPORTANT TO MIMIC THE STYLE OF WORK YOU WILL HAVE TO PERFORM DURING THE ACTUAL RACE WHICH IS A COMBINATION OF FUNCTIONAL EXERCISES, OBSTACLES, RUCKING & RUNNING!

IN THESE X RACE SESSIONS, YOU'LL PRACTICE THE MOVEMENTS YOU'LL BE DOING IN THE VARIOUS ZONES TO HELP YOU SMASH THEM ON THE DAY!

AMRAP SESSIONS

(AS MANY ROUNDS AS POSSIBLE OF THE PRESCRIBED WORK WITHIN THE TIME LIMIT)

THESE SESSIONS ARE DESIGNED TO GET YOU COMFORTABLE WITH MOVING FROM ONE EXERCISE TO THE OTHER WITH LITTLE TO NO REST! SELF-PACING IS KEY IN THESE SESSIONS, FIND THAT SUSTAINABLE PACE AND TRY TO STAY THERE.

ROUND SESSIONS

PUSH YOURSELF AND EARN THAT REST! WE ALSO WANT CONSISTENCY HERE - TRY AND MATCH THE TIME IT TAKES YOU TO COMPLETE THE FIRST ROUND, THROUGHOUT ALL THE ROUNDS.

WEIGHTS?

FOR ANY WEIGHTED EXERCISE, PICK A WEIGHT THAT CHALLENGES YOU BUT THAT DOESN'T STOP YOU IN YOUR TRACKS. YOU SHOULD BE ABLE TO KEEP MOVING WITHOUT LOSING FORM!

MIXED SESSIONS

WEEK 1

3 ROUNDS FOR TIME:

200M RUN

20M FARMER'S CARRY

20M SANDBAG CARRY

REST 3MINS AND THEN...

3 ROUNDS FOR TIME:

20M BROAD JUMP

15M BEAR CRAWL

10M BURPEE BROAD JUMPS

WEEK 2

16MIN AMRAP

50 SKIPS (OR 25 HEAVY SKIPS)

500M ROW

10 SANDBAG OVER SHOULDER

WEEK 3

3 ROUNDS FOR TIME:

400M RUN

40M FARMER'S CARRY

40M SANDBAG CARRY

REST 3 MINS AND THEN...

3 ROUNDS FOR TIME:

30M BROAD JUMP

20M BEAR CRAWL

15M BURPEE BROAD JUMPS

WEEK 4

24MIN AMRAP

50 SKIPS (OR 25 HEAVY SKIPS)

500M ROW

10 SANDBAG OVER SHOULDER

15M SLED PUSH & 15M ROPE SLED

PULL (SEE ALTERNATIVE BELOW)

WEEK 5

FOR TIME:

1KM RUN

75M FARMER'S CARRY

75M SANDBAG CARRY

30M BEAR CRAWL

25M BEAR CRAWL

20M BURPEE BROAD JUMPS

REST 5MINS & REPEAT ONCE.

WEEK 6

32MIN AMRAP

300M RUCK

50 SKIPS (OR 25 HEAVY SKIPS)

500M ROW

10 SANDBAG OVER SHOULDER

15M SLED PUSH & 15M ROPE SLED PULL

(SEE ALTERNATIVE BELOW)

WEEK 7

2KM RUN

150M FARMER'S CARRY

150M SANDBAG CARRY

60M BROAD JUMP

50M BEAR CRAWL

40M BURPEE BROAD JUMPS

REST 3 MINS THEN...

30 SANDBAG OVER SHOULDER

FOR TIME.

WEEK 8

REST UP!

NO SLED? NO PROBLEM!

GRAB TWO KETTLEBELLS OF THE SAME WEIGHT AND INSTEAD OF THE SLED PUSH & ROPE PULL, PERFORM 12 DOUBLE KETTLEBELL WALKING LUNGES FOLLOWED BY 8 DOUBLE KETTLEBELL CLEAN & PRESSES