



# **X RACE**

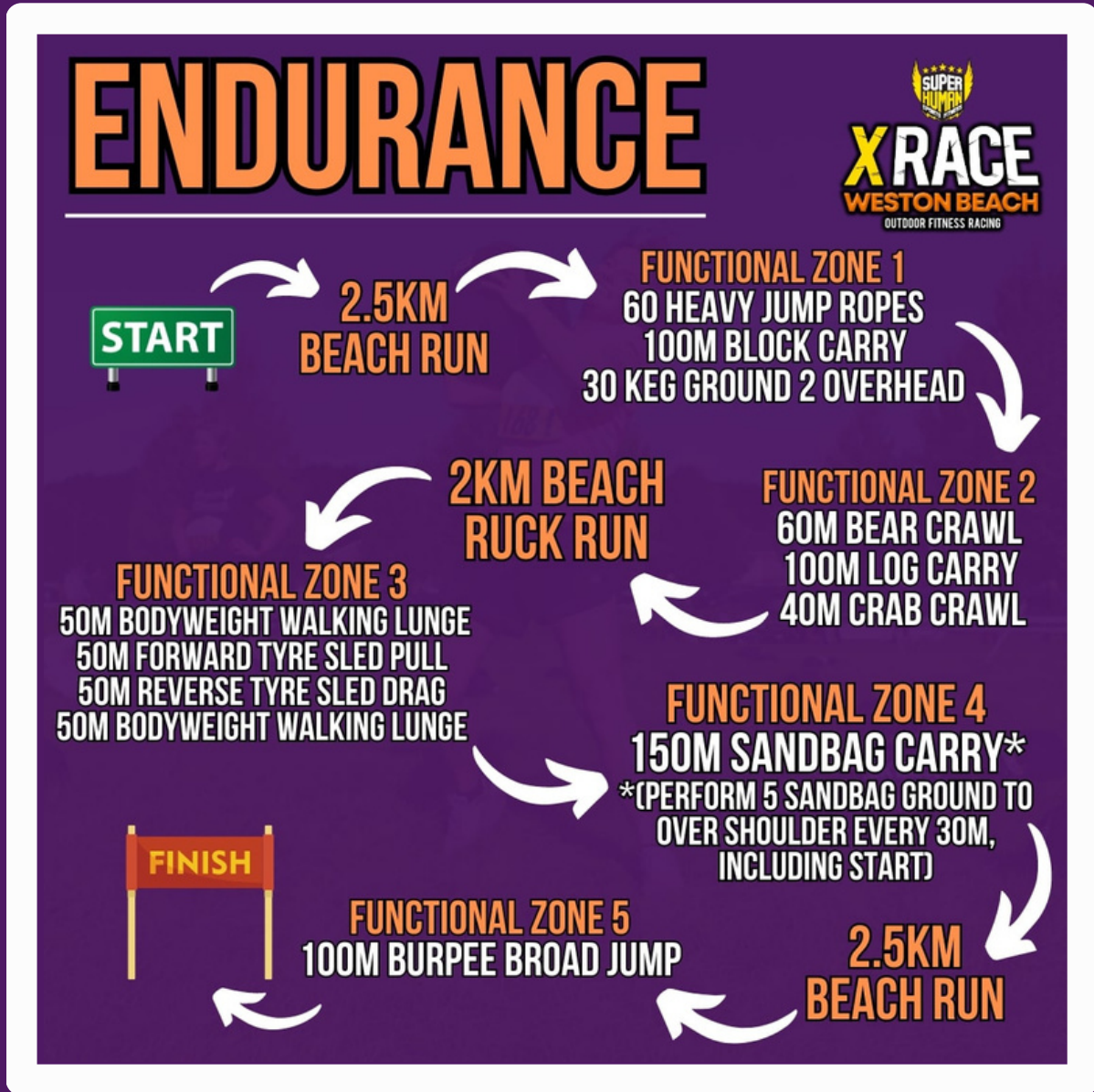
## **WESTON BEACH**

**OUTDOOR FITNESS RACING**

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# ***8-WEEK BEGINNER TRAINING PLAN***

# USE THIS PLAN TO SMASH THE ENDURANCE CATEGORY AT X RACE: WESTON BEACH!



**PLEASE NOTE: IF YOU ARE TAKING ON THE SPRINT OR THE ULTRA DISTANCES, YOU CAN STILL USE THIS PLAN! JUST ADJUST THE RUNNING SESSIONS ACCORDINGLY SO YOU ARE FULLY PREPARED FOR THE DISTANCE YOU WILL BE COVERING ON THE DAY.**



# **XRACE**

## **WESTON BEACH**

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**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 BEACH 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 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 OR EVEN BETTER, GO FOR A BEACH RUN! THIS WILL HELP YOU TO BETTER PREPARE FOR THE CHALLENGES OF THE TERRAIN ON THE DAY.**

**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 12KG IN THE BACKPACK AND WOMEN WITH 8KG 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.

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, 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!**

# X RACE SESSION!

## WEEK 1

3 ROUNDS FOR TIME:

30 HEAVY SKIPS

30M FARMER'S CARRY

10 KEG GROUND 2 OVERHEAD

REST 3MINS AND THEN...

3 ROUNDS FOR TIME:

30M BEAR CRAWL

20M CRAB CRAWL

200M RUN

## WEEK 2

16MIN AMRAP

40M BODYWEIGHT WALKING LUNGE

40M SANDBAG CARRY

10 SANDBAG GROUND 2 OVER SHOULDER

REST 5 MINS

3 ROUNDS

30M BURPEE BROAD JUMP

REST 1:1 (REST THE SAME AMOUNT IT TAKES YOU TO COMPLETE THE PREVIOUS ROUND)

## WEEK 3

3 ROUNDS FOR TIME:

40 HEAVY SKIPS

40M FARMER'S CARRY

15 KEG GROUND 2 OVERHEAD

REST 3 MINS AND THEN...

3 ROUNDS FOR TIME:

40M BEAR CRAWL

25M CRAB CRAWL

400M RUN

## WEEK 4

24MIN AMRAP

50M BODYWEIGHT WALKING LUNGE

50M SANDBAG CARRY

10 SANDBAG GROUND 2 OVER SHOULDER

25M FORWARD SLED PULL & 25M REVERSE SLED DRAG

REST 5 MINS

2 ROUNDS

50M BURPEE BROAD JUMP

REST 1:1 (AS ABOVE)

## WEEK 5

FOR TIME:

50 HEAVY SKIPS

75M FARMER'S CARRY

30 KEG G20H

50M BEAR CRAWL

30M CRAB CRAWL

1KM RUN

REST 5MINS & REPEAT ONCE.

## WEEK 6

32MIN AMRAP

300M RUCK

50M BODYWEIGHT WALKING LUNGE

50M SANDBAG CARRY

10 SANDBAG GROUND 2 OVER SHOULDER

25M FORWARD SLED PULL & 25M

REVERSE SLED DRAG

REST 5 MINS

100M BURPEE BROAD JUMP FOR TIME

## WEEK 7

1KM RUN

60 HEAVY SKIPS

100M FARMER'S CARRY

30 KEG G20H

60M BEAR CRAWL

40M CRAB CRAWL

1KM RUN

REST 3 MINS THEN...

150M SANDBAG CARRY (EVERY 30M PERFORM 5 SANDBAG GROUND 2 OVER SHOULDER, INCLUDING START)

## WEEK 8

REST UP!

## NO SLED? NO PROBLEM!

GRAB A BOX AND A KETTLEBELL OR DUMBBELL AND GO FOR SOME BOX STEP OVERS. HOLDING THE WEIGHT IN THE FRONT RACK & ALTERNATING FOOT EACH REP. STEP UP ONTO THE BOX AND DOWN ONTO THE OTHER SIDE, SWITCH LEGS AND REPEAT. REPLACE THE 25M FORWARD SLED PULL & DRAG WITH 20 TOTAL STEP OVERS.



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***AND IF YOU HAVEN'T  
SIGNED UP ALREADY...***

***SECURE YOUR SPOT  
HERE!***