



Muddy Monster Training Plans

5k Training Program							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 mile jog	200m sprint, 200m walk/jog X 8	Rest	Cross Train	2 mile jog	20 min run	Rest
2	2.5 mile jog	200m sprint, 200m walk/jog X 10	Rest	Cross Train	3 mile jog	20 min run	Rest
3	3 mile jog	400m X 4, 2 min rest between	Cross Train	20 min jog	3.5 mile jog	5k race	Rest
4	3 mile jog	400m X 6, 2 min rest between	Cross Train	25 min jog	5 mile jog	4 mile run	Rest
5	30 min jog	1 min sprint, 1 min jog X 20 min	Cross Train	30 min jog	6 mile jog	4 mile run	Rest
6	35 min jog	2 min sprint, 1 min jog X 30 min	Rest	35 min jog	7 mile jog	8k race	Rest
7	30 min jog	800m X 4, rest 2 min between	Cross Train	20 min jog	6 mile jog	30 min run	Rest
8	2 mile jog	30 min race pace	Rest	2 mile jog	Rest	Muddy 5k	Off
	Resistance			Resistance			
Intensity	<i>Easy</i>	<i>Speed intervals</i>	<i>Rest/ CrossTrain</i>	<i>Easy</i>	<i>Distance</i>	<i>Race Pace</i>	<i>Rest</i>



15k Training Program							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 mile jog	400m sprint X 4, 2 min rest between	Rest	3 mile jog	4 mile run	Cross Train	Rest
2	4 mile jog	400m sprint X 6, 2 min rest between	Rest	30 min jog	5 mile run	5k race	Rest
3	5 mile jog	800m sprint X 4, 2 min rest between	Cross Train	30 min jog	6 mile run	4 mile run	Rest
4	4 mile jog	800m sprint X 6, 2 min rest between	Cross Train	40 min jog	6 mile run	4 mile run	Rest
5	3 mile jog	1 mile fast, walk/jog 1 min X 3	Cross Train	35 min jog	4 mile run	3 miles fast	Rest
6	5 mile jog	400m sprint, 400m jog X 6	Cross Train	40 min jog	8 mile run	8k race	Rest
7	4 mile jog	400m sprint, 400m jog X 8	Rest	30 min jog	8 mile run	6 mile run	Rest
8	3 mile jog	1 mile fast, walk/jog 1 min X 4	Cross Train	35 min jog	4 mile run	3 miles fast	Rest
9	5 mile jog	800m sprint, 400m jog X 8	Cross Train	30 min jog	10 mile run	7 mile run	Rest
10	4 mile jog	30 min run	Rest	4 mile jog	Rest	Muddy 15k	Off
	Resistance			Resistance			
Intensity	<i>Easy</i>	<i>Speed</i>	<i>Rest/ Cross Train</i>	<i>Easy</i>	<i>Distance</i>	<i>Race Pace</i>	<i>Rest</i>



Resistance*	
Stability Squat	3 X 15-20
Walking Lunge	3 X 15-20
RDL or Ball Bridge**	3 X 15-20
Push Up	3 X 15-20
Shoulder Press	3 X 15-20
Chest Fly	3 X 15-20
Bent Over Row	3 X 15-20
Pull Up/Lat Pull	3 X 15-20
Reverse Fly	3 X 15-20

Notes:

- ✓ For best results do exercises in a circuit with little to no break until after the last exercise listed.
- ✓ Resistance training programs should be changed and progressed just as running programs gradually get harder.
- ✓ Contact Jeff Rierson at ActivEdge Fitness Club for more info at 319-654-0123 or jrierson@activedgefitness.com
- ✓ ** RDL should be done by people with tight hamstrings. Ball Bridge should be done by people with tight hip flexors. Contact Jeff or stop by ActivEdge to schedule a free assessment.