



6-WEEK BEGINNER TRAINING PLAN

#IRONWILL



HERE IS YOUR 6-WEEK TRAINING PLAN TO GET YOU READY FOR SUPERHUMAN OCR!

THE PLAN OUTLINES 3-4 SESSIONS PER WEEK

1-2 RUNNING SESSIONS

1 STRENGTH SESSION

1 MIXED SESSION

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

GOOD LUCK SUPERHUMAN ATHLETES!



SAMPLE SCHEDULE

**MONDAY - RUNNING SESSION
(DISTANCE)**

TUESDAY - STRENGTH SESSION

WEDNESDAY - REST

THURSDAY - MIXED SESSION

FRIDAY - REST

**SATURDAY - RUNNING SESSION
(EASY)**

SUNDAY - REST



RUNNING SESSIONS

1-2 RUNS A WEEK FOCUSED ON BUILDING UP THE DISTANCE OVER THE 6 WEEKS.

DISTANCE SESSION

EACH WEEK, YOU WILL HAVE A TARGET DISTANCE SESSION THAT WILL INCREASE AS YOU BUILD TO THE DISTANCE OF THE OBSTACLE COURSE RACE. THESE SESSIONS SHOULD BE RUN AT A CHALLENGING BUT 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!

EASY RUN

THE SECOND SESSION IS AN EASY RUN FOR A SPECIFIC TIME AND IT SHOULD BE JUST THAT- EASY!

FOR BOTH THE 5K AND THE 10K, YOU HAVE THE OPTION OF RUNNING 1-2 TIMES A WEEK. WHILST RUNNING TWICE WOULD BE OPTIMAL, IF YOU CAN ONLY DO ONE, DO THE DISTANCE SESSION!

5K PLAN

**WEEK 1 - 2KM // 15MIN RUN
WEEK 2 - 3KM // 15MIN RUN
WEEK 3 - 4KM // 20MIN RUN
WEEK 4 - 5KM // 20MIN RUN
WEEK 5 - 6KM // 25MIN RUN
WEEK 6 - 25MIN RUN (AT THE START OF THE WEEK!)**

10K PLAN

**WEEK 1 - 4KM RUN // 30 MIN RUN
WEEK 2 - 6KM RUN // 30 MIN RUN
WEEK 3 - 8KM RUN // 35 MIN RUN
WEEK 4 - 10KM RUN // 35 MIN RUN
WEEK 5 - 12KM RUN // 40 MIN RUN
WEEK 6 - 40 MIN RUN (AT THE START OF THE WEEK!)**



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).

GIVING YOUR BODY A STRONG FOUNDATION IS AN INTEGRAL COMPONENT IN TRAINING FOR THE OCR!

STRENGTH SESSION 1

15MIN EMOM (EVERY MINUTE ON THE MINUTE)

MINUTE 1 - KETTLEBELL SWINGS

MINUTE 2 - GOBLET SQUATS

MINUTE 3 - PRESS UPS

AIMING TO HIT BETWEEN 12-15 REPS OF EACH MOVEMENT EACH MINUTE.

REPEAT X5

** WORK FOR NO MORE THAN 40 SECONDS OF THE MINUTE.

IF YOU FIND YOURSELF DOING SO, EITHER LOWER THE WEIGHT OR PICK AN EASIER VARIATION OF THE EXERCISE.

STRENGTH SESSION 2

3 SETS OF 12-15 REPS. REST 60 SECONDS BETWEEN SETS.

1) BULGARIAN SPLIT SQUATS (EACH LEG)

2) INVERTED ROWS (PULL UPS)

3) STANDING DUMBBELL OVERHEAD PRESS

** PERFORM ALL SETS OF ONE EXERCISE BEFORE MOVING ONTO THE NEXT EXERCISE.

HOW TO PROGRESS?

INCREASE THE WEIGHT YOU CAN USE TO PERFORM THESE MOVEMENTS, FOR EXAMPLE, IF YOU BEGIN WITH A 10KG KETTLEBELL, ONCE YOU ARE ABLE TO HIT 15 REPS OF EACH WEIGHTED MOVEMENT COMFORTABLY FOR THE 15MINS, GO UP TO A 12KG KETTLEBELL AND REPEAT UNTIL YOU ARE ABLE TO AGAIN GO UP IN WEIGHT.

IF YOU STRUGGLE WITH PRESS UPS, YOU CAN PERFORM THEM ON YOUR KNEES, OR WITH YOUR HANDS ON A HIGHER SURFACE THAN YOUR FEET TO MAKE THEM EASIER. IF YOU CAN'T YET PERFORM PRESS UPS, PERFORM ALTERNATING SHOULDER TAPS FOR 20-30 REPS

INCREASE THE WEIGHTS YOU USE, HOWEVER, KEEP REP RANGE AROUND 12-15 REPS.



MIXED SESSIONS

1 MIXED 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 OCR. I.E. ALTERNATING BETWEEN FUNCTIONAL EXERCISES AND OBSTACLES ALONGSIDE RUNNING. THESE SESSIONS WILL GET YOU THERE!

AMRAP SESSIONS (AS MANY ROUNDS AS POSSIBLE OF THE PRESCRIBED WORK WITHIN THE TIME LIMIT) - THESE SESSIONS ARE DESIGNED TO GET YOU COMFORTABLE WITH CONSTANTLY MOVING FOR A PERIOD OF TIME, MOVING FROM ONE EXERCISE TO THE OTHER AND LEARNING TO DO SO WHILST OUT OF BREATH! SELF-PACING IS KEY IN THESE SESSIONS, FIND THAT SUSTAINABLE PACE AND STAY THERE. ALSO, BEING ABLE TO COMPLETE A 20 MINUTE AMRAP BY THE END OF THE PLAN WILL PROVIDE A MASSIVE PSYCHOLOGICAL BOOST IN CONFIDENCE AND GIVE YOU THE BELIEF THAT YOU CAN TACKLE ANYTHING ON THE DAY OF THE EVENT.

ROUNDS SESSIONS - THESE ARE YOUR INTERVALS SO GO HARD AND TRY TO GET THE WORK DONE AS QUICKLY AS POSSIBLE, THEN RECOVER IN THE REST PERIODS. TRY AND MATCH THE TIME IT TAKES YOU TO COMPLETE THE FIRST ROUND, EVERY ROUND, EVEN AS YOU FATIGUE!

WEEK 1

12MIN AMRAP -
5 PRESS UPS
10 SIT UPS
15 AIR SQUATS
200M RUN

WEEK 2

3-4 ROUNDS OF -
100M RUN
10 BURPEES
100M RUN
10 BOX JUMPS
100M RUN
25M FARMERS CARRY
REST 2 MINUTES BETWEEN ROUNDS.

WEEK 3

16MIN AMRAP -
5 SANDBAG OVER SHOULDER
10 BOX JUMPS
25M FARMERS CARRY
250M RUN

WEEK 4

4-5 ROUNDS OF -
15 BURPEES
200M RUN
25M BEAR CRAWL
200M RUN
25M BEAR CRAWL
REST 90 SECONDS-2 MINUTES BETWEEN ROUNDS.

WEEK 5

20MIN AMRAP -
300M RUN
10 SANDBAG GROUND TO OVERHEAD
25M OVERHEAD SANDBAG CARRY
10 SANDBAG BEAR HUG SQUATS
25M BEAR HUG SANDBAG CARRY

WEEK 6

N/A - REST UP!

**** FOR ALL WEIGHTED EXERCISES, PICK A WEIGHT THAT CHALLENGES YOU BUT THAT DOESN'T STOP YOU IN YOUR TRACKS.**



GOOD LUCK!

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