

### 3 Week Mud Run Training Program

**Week 3 Emphasis - Build and Taper**

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Warm-up</b>	Light run for 100 meters then include jumping jacks, skips, split jacks, and highland flings (video's at <a href="http://www.youtube.com/buildpeakcompete">www.youtube.com/buildpeakcompete</a> )	Light run for 100 meters then include jumping jacks, skips, split jacks, and highland flings (video's at <a href="http://www.youtube.com/buildpeakcompete">www.youtube.com/buildpeakcompete</a> )	Light run for 100 meters then include jumping jacks, skips, split jacks, and highland flings (video's at <a href="http://www.youtube.com/buildpeakcompete">www.youtube.com/buildpeakcompete</a> )	Rest and Recovery	Light run for 100 meters then include jumping jacks, skips, split jacks, and highland flings (video's at <a href="http://www.youtube.com/buildpeakcompete">www.youtube.com/buildpeakcompete</a> )	Same warmup should be used before race.	
<b>Energy Systems Development</b>	20 minute moderate effort followed by 40 yard bear crawl, 2x100 meter fast run, and 10 vertical jumps	Light 15 minute aerobic activity - this could be a jog or walk depending on current fitness levels	20 minute moderate effort followed by 40 yard bear crawl, 2x100 meter fast run, and 10 vertical jumps		Easy 30 minute run with 2x100 meter fast run		
<b>Strength</b>	1 to 3 sets of push-ups "to failure" followed by two sets of sit-ups "to failure" - 60 seconds rest between each		1 to 3 sets of push-ups "to failure" followed by two sets of sit-ups "to failure" - 60 seconds rest between each				