



6 Week TRAINING SCHEDULE

Created by



Congratulations on literally taking 'muddy steps' towards improved health and fitness. This schedule has been designed by fitness professionals to assist in helping you make the finish line of the Tough Guy and Gal Challenge.

The training schedule features 5 weeks of increasing intensity followed by 8 days of lower intensity to ensure maximum energy and strength prior to the event. Participants following this schedule should be aiming to complete the Tough Guy and Gal Challenge in a relaxed, enjoyable fashion.

All cardio training in this schedule has been designed for walking, light jog to running and if you're daring...skipping; All circuit training in this schedule has been designed to either be carried out on your front/back yard, local park/playground or indoors.

This schedule should be conducted at a comfortable pace. If you are training with a partner and are unable to hold a conversation you are training too hard. Mondays and Fridays are rest days to allow for recovery, do not hesitate to swap Saturdays and Sundays training around to fit in with weekend commitments.

For more expert training advice; contact a CLM Health and Fitness centre near you on **0508 get fit** or visit our website www.clmnz.co.nz

Happy training!

It is recommended before conducting any form of exercise to consult your doctor if you have concerns that may affect your ability to exercise. At anytime you feel uncomfortable; stop immediately; and seek immediate medical advice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Wks 2 go
Day 1 REST	Day 2 CARDIO: 20 Min Circuit	Day 3 CARDIO: 20 Min	Day 4 CARDIO: 20 Min Circuit	Day 5 REST	Day 6 CARDIO: 20 Min	Day 7 CARDIO: 40 Min	5
Day 8 REST	Day 9 CARDIO: 20 Min Circuit	Day 10 CARDIO: 30 Min	Day 11 CARDIO: 30 Min Circuit	Day 12 REST	Day 13 CARDIO: 30 Min	Day 14 CARDIO: 45 Min	4
Day 15 REST	Day 16 CARDIO: 20 Min Circuit	Day 17 CARDIO: 30 Min	Day 18 CARDIO: 30 Min Circuit	Day 20 REST	Day 21 CARDIO: 30 Min	Day 22 CARDIO: 60 Min	3
Day 23 REST	Day 24 CARDIO: 20 Min Circuit	Day 25 CARDIO: 30 Min	Day 26 CARDIO: 30 Min Circuit	Day 27 REST	Day 28 CARDIO: 30 Min	Day 29 CARDIO: 60-70 Min	2
Day 30 REST	Day 31 CARDIO: 20 Min Circuit	Day 32 CARDIO: 30 Min	Day 33 CARDIO: 30 Min Circuit	Day 34 REST	Day 35 CARDIO: 30 Min	Day 36 CARDIO: 45 Min	1
Day 37 REST	Day 38 CARDIO: 20 Min Circuit	Day 39 CARDIO: 30 Min	Day 40 CARDIO: 20 Min Low intensity	Day 41 REST	 TOUGH GUY AND GAL CHALLENGE EXTREME OFF ROAD RUNNING EVENT www.eventpromotions.co.nz 		

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Guideline for circuit training ⁺

CIRCUIT			
Week	Beginner	Intermediate	Advanced
1 & 2	Sets: 1 – 2 Reps: 10 - 12	Sets: 2 Reps: 12 – 15	Sets: 2 – 3 Reps: 12 - 15
3 & 4	Sets: 1 – 2 Reps: 10 - 12	Sets: 2 Reps: 12 – 15	Sets: 3 Reps: 12 - 15
4 & 5	Sets: 2 Reps: 10 - 12	Sets: 2 - 3 Reps: 12 – 15	Sets: 3 Reps: 15
6 onwards	Sets: 2 Reps: 10 - 12	Sets: 2 - 3 Reps: 12 – 15	Sets: 3 Reps: 15
Sets:		Reps:	

CIRCUIT (in order)		
Exercise	Equipment	Instructions
Step ups	Box, stairs or park bench and 2 drink bottles (adv option)	Visit www.clmnz.co.nz for instructions on technique.
Dips	Box, chair, stairs or park bench	Visit www.clmnz.co.nz for instructions on technique.
Squat Jumps	None	Visit www.clmnz.co.nz for instructions on technique.
Press ups	None	Visit www.clmnz.co.nz for instructions on technique.
Partial curl	None	Visit www.clmnz.co.nz for instructions on technique.
Back arch	None	Visit www.clmnz.co.nz for instructions on technique.

 HEALTH & FITNESS

Notes

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