

10 WEEK TRAINING PLAN FOR a 10km obstacle course race

provided by the GUMBY LEGACY

Total km	Week 1 (5)	Week 2 (6)	Week 3 (8)	Week 4 (9)	Week 5 (11)	Week 6 (13)	Week 7 (15)	Week 8 (17)	Week 9 (12)	Week 10 (10km!)
Sun	Rest or yoga	Rest or yoga	Rest or yoga	Rest or yoga	Rest or yoga	Rest or yoga	Rest or yoga	Rest or yoga	Rest or yoga	Rest or yoga
Mon	Run 1km	Run 1km	Run 2km	Run 2km	Run 3km	Run 3km	Run 4km	Run 4km	Run 3km	Rest
Tues	Bodyweight exercises	Bodyweight exercises	Bodyweight exercises	Bodyweight exercises	Bodyweight exercises	Bodyweight exercises	Bodyweight exercises	Bodyweight exercises	Bodyweight exercises	Bodyweight exercises
Wed	Run 1km	Run 1km	Run 2km	Run 2km	Run 2km	Run 3km	Run 3km	Run 4km	Run 3km	Rest
Thurs	Bodyweight exercises or yoga	Bodyweight exercises or yoga	Bodyweight exercises or yoga	Bodyweight exercises or yoga	Bodyweight exercises or yoga	Bodyweight exercises or yoga	Bodyweight exercises or yoga	Bodyweight exercises or yoga	Bodyweight exercises or yoga	Bodyweight exercises or yoga
Fri	Run 1km	Run 1km	Run 1km	Run 1km	Run 2km	Run 2km	Run 3km	Run 3km	Run 2km	Rest
Sat	Run 2km	Run 3km	Run 3km	Run 4km	Run 4km	Run 5km	Run 5km	Run 6km	Run 4km	BE INVINCBL!

BODY WEIGHT EXERCISES

provided by the Gumby Legacy

Exercises to choose from include:

1. Squats
2. Inchworms
3. Burpees
4. Lunges
5. Push ups
6. Tricep dips
7. Crunches
8. Mountain climbers
9. Monkey bars
10. Bicycle crunches

The Plank. Do this at the end of each session. Hold for as long as you can and record the time to see how much you improve 😊

Workouts

After a 5 minute warm up jog, complete one of these two workouts:

1. Choose 5 exercises. Aim to complete 10 reps of each exercise with as little rest as possible in between each exercise. After you have completed all 5 exercises, rest for 2 minutes (you could take a very short jog). Repeat 3 – 5 times.
2. Tabata: each session lasts only four minutes. Work as hard as you can for 20 seconds then rest for 10 seconds. Repeat 8 times to complete a 4 minute cycle. After the 4 minutes, rest for 1 minute. Try to do 2 – 4 cycles using a different exercise for each cycle i.e. do squats for a 4 minute cycle, rest 1 minute. Then do push ups for 4 minute cycle, rest 1 minute etc.

Cool down with a gentle 5 minute jog and make sure to stretch properly.

Visit www.gumbylegacy.com for more detail relating to exercises and workouts. Also if you have any questions, comments or suggestions, we'd love to hear from you.

This training plan has been designed by a qualified physiotherapist.

