



You will want to start with a 30 minute jog before you start the below circuit. . Before the race you should build to one hour and be able to jog continuously for 5 miles.

After your warm up jog you should build your stamina by sprinting for a minute then jogging for two. Continue Alternation for 30 minutes.

Exercise 1 – Burpee (20)

A burpee is a squat thrust. A squat thrust is...starting standing feet together bend down into a push up position, do a push up, get back into a standing position. From a standing position jump up clap your hands above your head. ALL IN ONE MOTION

Exercise 2 –Thruster (20)

A thruster is a front squat into a shoulder press. You can use either a bar with 10 to 25 pounds on each side, or use a 25 or 45 pound plate. Resting the bar on your chest or holding plate out in front of you. Start with your feet shoulder length apart with bar on chest, proceed with do a squat and as you come back up explode into a shoulder press extending your arms all the way and finish with bar back on your chest.

Exercise 3 – Pull ups 10 down to 1

A regular pull up, hands being shoulder length apart starting with 10 rest for 30 seconds then 9 rest for 30 seconds then 8 rest for 30 seconds then 7 rest for 30 seconds so on and so forth down to 1

Exercise 4 – push up into a row (20)

Grab two dumbbells; start in a pushup position, with your arms straight. Begin a regular pushup, but as you fully extend your arms at the height of the push up, take one dumbbell and bring it all the way to the side of your chest. Lower your arm and descend back to the start position. Repeat with the other arm. That's one rep.

Exercise 5 – Debo's Beach Cruiser

This workout is for your core concentrating mainly on your abs. Find a flat bench have your legs straight out parallel with the floor, your upper body will be leaning back at a 45 degree angle. Raise your legs up and down keeping your knees locked for a minute. In same position bend your knees and pretend you're riding a bike. As your right knee is in your chest your left leg is extended all the way outwards. Do this exercise for 1 minute

Exercise 6 – Dips 10 down to 1

Dips are for both chest and triceps. Find a dip machine whether it's your own body weight machine an actual weight machine or if needed pull two benches together at a length comfortable for you to have your hands under your butt and your heels extended straight to the opposite bench. Dip down touch your butt to the ground and extend back up that's 1. Do 10, rest for 15 seconds, do 9 rest for 15 seconds, do 8 rest for 15 seconds, so on and so forth down to 1.

Exercise 7 – The twister

The twister is a lunge with a 25 pound plate in your hands, followed by a twist to the left and all the way back to the right, finishing with body facing forward. You are to do 10 lunges with left leg first and 10 lunges with right leg first. To begin, start feet together extend left leg forward as far as you can touch right knee to the ground, while knee is on ground twist to the left 90 degrees swing all the way back to the 90 degrees and finish facing forward. Proceed with your right leg forward touch your left knee to the floor, twist to the right 90 degrees all the way back to the left 90 degrees, and finish facing forward

Exercise 8 – Back squat into a reverse lounge into a calve raise (20)

Using a barbell with 10 to 25 pound on each side, place bar behind your head resting on shoulders, proceed by doing a squat, when you get back to starting position extend right leg back and touch right knee to the floor come back and do the same with your left leg. Extend left leg back, touch knee to the ground come back up and finish in starting position. When back at starting position proceed with doing a calve raise by standing on your tippy toes, that's 1.

Exercise 9 - TWIST AND SHOUT, you know you twist so fine

Why your shouting out Mr. John Lennons verse, sitting on butt with your legs extended straight outwards, find a medicine ball of whatever weight you choose. Starting with ball in front of you twist just your torso and place the ball behind your back, twist all the way back to the left and reach behind you and pick the ball up. Repeat doing 25 times, when your done with dropping the ball to the right, its now time to do 25 more to the left side.

Exercise 10 –THE END...not

This is not what you want to do when you're beyond burnt out, no more water in your body to sweat out, and having trouble catching your breath, but it has to be done. Find yourself a jump rope, and begin to jump rope with single swings for a minute and then double swing for a minute, meaning the jump rope passes under your feet twice why you're still in the air. Do for 6 to 10 minutes

We have just physically trained you to be able to run the most vigorous, rugged race known to man. The only problem is, this race is not only a physical challenge, it is a mental challenge also. Is your mind ready to run in the cold, in the mud, through fire and rain, swim in the freezing cold lakes. Can you mentally prepare yourself to overcome the fear of heights or the fear of claustrophobia. Are you ready to join the rest of the world and become a true Hogger....the question is...ARE YOU STRONG ENOUGH!!!!