

Breaking Muscle – 6 Week Obstacle Course Training Plan by Andrew Read

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<p>Work up to a heavy single power clean.</p> <p>Hang power clean 5 x 2.</p> <p>Bench press 5 x 5.</p> <p>Sled push 25m with two hand kettlebell swings x 1. Five rounds.</p>	<p>Bulgarian squats 5 x 8 with pull ups 5 x max.</p> <p>Overhead lunge walks x 25m with crawling 25m x 10 rounds.</p>	Easy 60min run.	<p>Hang power clean/ front squat combo. 5 reps each x 5 sets.</p> <p>Bench press 5 x 5 with push ups x AMRAP.</p> <p>Sled push 25m with box jumps x 20, five rounds.</p>	Easy 40min run.	<p>Lunge walk 25m with framers walks 25m x 5 rounds.</p> <p>Step ups x 5 with single leg deadlifts x 5. 3 sets.</p>	Easy 90min run.
2	<p>Power clean – 3 x 5 @ 60% of 1RM from week 1. Then 1 x 3 @ 70%, 1 x 3 @ 80%</p> <p>Bench press 6 x 4</p> <p>Sled push 25m with two hand kettlebell swings x 1. Five rounds</p>	As for week 1.	As for week 1	<p>Squat clean. 3,2,1 x 3 increasing weight each wave so that the final single is the same as your 1RM for Monday on week 1.</p> <p>Bench press 6 x 4 with push ups x AMRAP</p> <p>Sled push 25m with box jumps x 20, five rounds</p>	As for week 1	As for week 1	As for week 1
3	<p>Hang power clean 5,2,5,2,5,2 increasing weight on each wave. (Ideally you'd be close to hitting your week 1RM here for a double from the nag).</p> <p>One arm push ups 3 x 5</p> <p>Sled push 25m with two hand kettlebell swings x 1. Five rounds.</p>	As for week 1	Run 60mins as 30 easy, 15 hard, 15 easy.	<p>Power clean as a complex – from thighs, knees then floor. 3 reps each x 5 sets.</p> <p>Ring push ups 4 x AMRAP.</p> <p>Sled push 25m with box jumps x 20, five rounds</p>	Run 45mins easy.	As for week 1	Run 100mins as 60mins easy, 15 hard, 15 easy.

4	<p>Hang clean/ front squat/ push press front squat complex. 5 reps each x 4 sets.</p> <p>Sled + sprints. Push sled 25m then sprint 100m x 4.</p>	<p>Deadlift at body weight x 10 + box jumps x 20. 3 rounds.</p> <p>Extended pull up set – Wide grip pull ups x AMRAP, rest 10 seconds, then shoulder width grip pull ups for AMRAP, rest 10 seconds, then shoulder width grip chins for AMRAP, rest 10 seconds then narrow grip chins for AMRAP. 3 rounds.</p>	<p>Run 62mins as 20 easy, then 3 x 3min hard with 1min easy. Recover with 5mins easy running then repeat. Cool down with 10mins easy running.</p>	<p>Power clean as a complex – from thighs, knees then floor. 3 reps each x 5 sets</p> <p>Weight vest push ups x AMRAP plus crawl 25m x 5 rounds.</p> <p>Sled push 25m with box jumps x 20, five rounds</p>	Run 50mins easy	As for week 1	Run 110mins as 60mins easy, 30mins hard, 20 mins easy.
5	<p>Power clean x 5 immediately followed by KB cleans for 10 x 5 rounds.</p> <p>Sled push 25m + push ups x AMRAP x 5 rounds</p>	<p>Step ups x 10 each leg + split jumps x 10 each leg x 5 rounds.</p> <p>Pull ups as per week 4.</p>	As per week 4	As per week 4	Run 60mins easy	As for week 1	Run 120mins as 60 easy, 30 moderate, 30 hard.
6	Rest	<p>Hang clean x 3,2,1</p> <p>Easy 15min run to cool down</p>	Pull ups AMRAP x 4	Easy 20min run	Rest	Easy 15min run	Mud Run - Rock and Roll!