

BOGSTACLE training guide

BOGSTACLE is not just a run with a few extra obstacles thrown in the way. Being 'running fit' will help but to avoid getting 'bogged down' on the day you also need to practise being able to move your own bodyweight.

In addition to running, circuit training is a good way to prepare for BOGSTACLE as it combines bodyweight exercises with short bursts of high intensity, interval-based cardio – replicating the pattern you'll experience on event day. We have suggested some sample circuits sessions below but consider checking out a local class or boot camp or find friends to tackle the work outs below with you!

The exercises are designed for you to complete anywhere with little or no equipment. Doing these sessions in the gym is fine but as you get closer to event day in October try to tackle some of them outdoors, on grass or trail surfaces. The goal of the sessions is to combine a high heart rate with regularly moving your bodyweight up and down.

Remember, the more you train the more chance you have of beating the Bog on the day!



Easy running

These should be nice and easy and you should feel relaxed. Enjoy the scenery. You should be breathing easily and be capable of holding a conversation throughout the run. This will mean that you are running in the 60-70% range of your maximum heart rate (MHR). Easy running builds a base of endurance and will help you recover from hard runs and circuit sessions.

Threshold running

Threshold runs are the 'golden zone' of endurance training. They are run at a controlled brisk pace, about 80-85% of your MHR. You'll only be capable of uttering two or three words. These runs improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your running efficiency and aerobic capacity.

Long runs

Long runs are vital in your plan. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and run at 65-75% of MHR, building more intensity in as you progress through the weeks. These runs improve your muscular endurance and condition your body to burn fat as its primary fuel source.

Interval running

Interval running in our plans refers to running harder than threshold Effort – pushing to that 9/10+ zone that helps you get fit quickly and builds mental and physical strength and develops your leg speed. Generally you'll see this kind of running in your 'circuits' sessions. Be honest with the effort and work hard.

Fartlek runs

Just think about fartlek (Swedish for 'speed-play') running as mixed pace running. As the blocks of time reduce, aim to speed up your running! Take longer runs (5 or 6 minutes) at a threshold effort, mid-length runs (3 or 4 minutes) at a 5-10km effort (9/10), and short runs (1 or 2 minutes) pushing hard.

Continuous hills

Continuous hills build strength. Find a hill with a steady gradient. Run up the hill for 45-60 seconds at a 3-4 word answer effort, turn and also run downhill at 3-4 word answer effort and repeat up and down for the full block of time. You'll run up at a controlled, steady speed, and down quite fast.

The runs



Bear crawls

Come down onto all fours with your hands and feet in contact with the ground. Keeping your hips low, back straight and your core engaged at all times, take your opposite arms and legs forward and then change to the other, crawling your way forward. Move at a smooth, steady speed without losing a good posture.

Duck walks

Stand with your feet shoulder width apart. Squat down until your buttocks are at a 90 degree angle to the knee or a little below the knee. Ensure your chest is up, open and that your back is straight. Begin to walk while keeping your buttocks as low as you possibly can. Your arms can be folded in front of you or with your hands on your temples to help keep your back straight. After a few steps you'll feel the burn in your glutes and quads.

Crab walks

Start by sitting on the ground, hands planted just behind your back and legs bent, feet on the floor. Next, raise the hips up slightly so that only your hands and feet are now in contact with the ground. The higher you can raise your hips at this point, the more abdominal benefits you're going to see. Once you're in this position, you then want to 'walk' across the floor as fast as you can. Try creating an obstacle course to move through, as the extra turning will further work the upper body muscles.

Press ups

Place your hands shoulder and a half's width apart, get into the plank position, lower your chest to the floor and push back up, not just pushing through your chest and arms, but also through your core. If you are not ready for a full press up repeat the movement with your knees in contact with the ground. Ensure a straight line is maintained between the knee, hip and shoulders.

Burpees

Stand with your feet shoulder width apart. Drop quickly into a squat position with your hands on the ground in front of you. Jump both legs back together so that you are in a press up position before jumping with both feet back into the squat position and finishing with a small jump with your hands in the air. If you are not ready for a full burpee try a burpette. This is the same as the above but when you reach the press simply jump the legs back into a squat position and stand without the final jump.

Circuit sessions



Dead hangs/Monkey bars

Monkey bars can generally be found at your local park or playground, and many gyms also now have them. They may well appear on race day for you! Monkey bars require core strength in your lats, grip and core. If you are not strong enough yet to move through a series of monkey bars then start by doing 'dead hangs' (literally hanging from the bars without moving) or having a partner assist you by supporting your legs as you move along the bars.

Walking lunges

Stand with your feet shoulder width apart and your hands on your hips. Step forwards and flex at the knee to drop your hips to create a 90 degree angle at both the front and back knee. Drive back up through the heel of the front foot back into the standing position before repeating the movement with the opposite leg. Your torso should remain upright with the shoulders back at all times.

Squats

Start with your feet shoulder width apart with your chest up and shoulder back. Gradually push your hips back and down as if you are sitting onto a chair behind you. Keep your weight balance across your feet as you do so. Take your hips down to a 90 degree angle with the knee ensuring your back remains upright and chest open. Then drive your hips back up into the standing position. To make it harder do a 'squat jump' - after you reach the squat position, jump in the air by powerfully driving your hips through and up. Land softly and move smoothly into your next squat.

Bridge

From a sit up position, keep your stomach strong, engage your glutes and roll up into a bridge. Keep your hips high by squeezing your glute muscles. To make the bridge harder hold your hips level and high while extending one leg for 2 seconds before changing to the other side.

Plank

From a prone position raise up through your core on your elbows and toes, keeping a straight line from the neck down through the legs to your ankles, engaging all your core muscles by sucking your belly button up to the ceiling. Keep your chest over your elbows. A 'plank builder' is a tougher version. Once you are into your plank position, continuously raise yourself up and down from an 'elbow' position to a 'straight arm' position without letting your hips sag down.

Circuit sessions



10 minute warm up – 6 minutes of easy jogging + 4 x 20 seconds squats, 20 seconds high knees, 20 seconds rest

Main circuit – move through the following exercises in order;

Fast run – 1 minute

Squat or squat jump – 40 seconds

Fast run – 1 minute

Press up or 3/4 press up – 40 seconds

Fast run – 1 Minute

Burpee or burpettes – 40 seconds

Fast run – 1 minute

Plank or plank builder – 40 seconds



Beginners – 2 sets with 5 minutes rest between sets

Intermediate – 3 sets with 3-5 minutes rest between sets

Advanced – 4 or 5 sets with 2 minutes easy jogging between sets

5 minute cool down – Gentle jogging + stretch

Circuit session 1



10 minute warm up – 6 minutes of easy jogging + 4 x 20 seconds squats, 20 seconds high knees, 20 seconds rest.

5 minute running @ threshold effort (2 minutes rest)

Main circuit – move through the following exercises in order:

Fast run – 2 minutes

Duck walk – 45 seconds

Bear crawl – 45 seconds

Sprint – 30 seconds

Rest – 90 seconds

Fast run – 2 minutes

Monkey bars or dead hang – 45 seconds

Crab walk – 45 seconds

Sprint – 30 seconds



Beginners – 2 sets with 5 minutes rest between sets

Intermediate – 3 sets with 3-5 minutes rest between sets

Advanced – 4 or 5 sets with 2 minutes easy jogging between sets

5 minute cool down – Gentle jogging + stretch

Circuit session 2



10 minute warm up – 6 minutes of easy jogging + 4 x 20 seconds squats, 20 seconds high knees, 20 seconds rest.

Main circuit – move through the following exercises in order:

Fast run including obstacles – 3 minutes

Jogging – 90 seconds

40 seconds for each exercise, 20 seconds rest, before moving onto the next exercise:

- Squat or squat jump
- Plank or plank builder
- Burpee or Burpette
- Bridge or single leg bridge
- Walking lunge or static lunge
- Dead hang



Beginners – 2 sets with 5 minutes rest between sets

Intermediate – 3 sets with 3-5 minutes rest between sets

Advanced – 4 or 5 sets with 2 minutes easy jogging between sets

5 minute cool down up – Gentle jogging + stretch

Circuit session 3



The finger crusher

Get into a sit up position, find the natural arch in your back, place your hands under the arch, engage your lower abs and pelvic floor, and push your spine down on to your hands, trying to crush your fingers.

The next level: Do slight alternate leg lifts, while still keeping the pressure on your hands even.

The bridge

From the sit up position, keep your stomach strong, engage your glutes and roll up into a bridge. Keep your hips high by squeezing your glute muscles. Keep you hips high and level throughout.

The next level: Make this tougher by crossing your arms over your chest or including alternate leg lifts, ensuring your hips remain in the same position.

Plank

From a prone position, raise up through your core on your elbows and toes, keeping a straight line from the neck down through the legs to your ankles, engage all your core muscles by sucking your belly button up to the ceiling. Keep your chest over your elbows.

The next level: Add in alternate left lifts by squeezing your glutes, and work to keep your hips level. If this is too hard to begin with, you can avoid lower back pain by doing this with your knees on the ground.

Press ups

Press ups are a key exercise to improve stability and posture. Place your hands shoulder and a half's width apart, get into the plank position, lower your chest to the floor and push back up, not just pushing through your chest and arms, but also through your core.

The next level: Narrow your hands in a diamond shape under your chest before carrying out the same movement. If this is too hard carry out the same movement on your knees.

Side plank

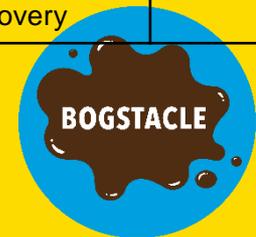
Make a right angle with your supporting arm, your feet together and your stomach strong. Rise up, making sure you squeeze your glutes and push your pelvis through. Hold it for 30-60 seconds.

The next level: Lift your free arm into the air, keep your side really strong, then tuck the arm under your hips and take it back to the top again in a flowing, controlled movement. Again this plank can be done on your knees to make it easier.



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Threshold session - 30 minutes including 3 x 5 minutes @ threshold with 2 minutes jog recovery	Core	Circuits	Rest	4 x 6 minutes of continuous hills with a 2-3 minutes jog recovery	45-60 minutes easy run
2	Rest	Threshold session - 40 minutes including 4 x 5 minutes @ threshold with 2 minutes jog recovery	30-40 min easy run or cross training + core	Circuits	Rest	3 x 8 minutes of continuous hills with a 2-3 minutes jog recovery	60 minutes easy
3	Rest	Threshold session - 40 minutes including 5 x 5 minutes @ threshold with 2 minutes jog recovery	30-40 minutes easy run or cross training + core	Circuits	Rest	3 x 8 minutes of continuous hills with a 90 seconds jog recovery	70 minutes easy
4	Rest or 30 minutes easy	Threshold session - 45 minutes including 6 x 5 minutes @ threshold with 2 minutes jog recovery	45 minutes easy run or cross training + core	Circuits	Rest	5 x 6 minutes of continuous hills with a 90 seconds jog recovery	75 minutes easy off road
5	Rest or 30 minutes easy cross training	45 minutes easy	30-40 minutes easy or cross training + core	Circuits	Rest	20-30 minutes easy	10km race or time trial
6	Rest or 30 minutes easy cross training	Threshold session. 3 x 10 minutes with a 2 minutes jog recovery	45 minutes easy run or cross training + core	Circuits	Rest	3 x 10 minutes of continuous hills with a 2-3 minutes jog recovery	80 minutes easy off road
7	Rest or 40 minutes easy XT	AM: Circuits PM: Progression run of 10/10/10 – 10 minutes easy, 10 minutes steady, 10 minutes threshold	45 minutes easy run or cross training + core	Circuits	Rest	30-40 minutes fartlek run to include 5,4,3,2,1 building pace through blocks with 90 seconds recovery	90 minutes easy off road

Training plan



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	Rest or 40 minutes easy XT	AM: Circuits PM: Progression run of 15/15/15 – 15 minutes easy, 15 minutes steady, 15 minutes threshold	45-60 minutes easy run or cross training + core	Circuits	Rest	40 minutes fartlek run to include 5,4,3,2,1 building pace through blocks with 60 seconds recovery	90 minutes off road with final 45 minutes to include 3 x 6 minutes @ threshold (3 minutes easy)
9	Rest or 40 minutes easy XT	AM: Circuits PM: 40 minute 'out and back' run – 20 minutes out steady, turn and get back 2-3 minutes faster	45-60 minutes easy run or cross training + core	Circuits	Rest	40-50 minutes fartlek run to include 6,5,4,3,2,1 building pace through blocks with 90 seconds recovery	90 minutes – 1hr 40 off road with final 45 minutes to include 3 x 8 minutes @ threshold (3 minutes easy)
10	Rest or 40 minutes easy cross training	AM: Circuits PM: 40 minute 'out and back' run – 20 minutes out steady, turn and get back 2-3 minutes faster	45-60 minutes easy run or cross training + core	Circuits	Rest	40-50 minutes fartlek run to include 3 x 3,2,1 blocks with 60 seconds recovery	1hr 45 minutes with final 30 minutes @ threshold – all off road
11	Rest or 40 minutes easy cross training	AM: Circuits PM: 45 minutes with last 25 @ threshold	45 minutes easy run or cross training + core	Circuits	Rest	5k park run or session with 5 x 4 minutes @ 10k pace. 90 seconds recovery	60-75 minutes relaxed
12	Rest or 30 minutes easy cross training	30 minutes including 3 x 5 minutes @ threshold pace with 3 minutes jog recovery	Rest	20-25 minutes easy run	Rest	BOGSTACLE Good luck!!	And relax!



Training plan