



4-WEEK TRAINING PLAN

Build strength, grit, and obstacle confidence for your next Warrior Race.



THERE IS A METHOD IN THE MADNESS

At Warrior Race, we show up for different reasons. Some come for the mud, others chase the podium, and some come to prove that they can do hard things. Warrior Race is for anybody who is willing to face the uncomfortable. It's a race that you can take on alone or in a group. This doesn't mean you have to rock up unprepared. Some things are unpredictable, and that's what makes the race exciting. We want you to come prepared and have fun doing it.

Ok. Enough talking. Let's start doing the work!

#BEBRAVE!



TRAIN HARD. RACE BRAVE.

South Africa's Largest Obstacle Course Racing Series

GET COMFORTABLE BEING UNCOMFORTABLE

This training plan won't make the Warrior Race easy. It exists to make sure the hard parts of the race are the obstacles, not your fitness. You will come prepared, and yes, there will be mud in places you didn't know mud could go.

WHAT THE RACE REQUIRES



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EQUIPMENT



Running Shoes



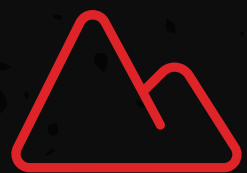
Pull Up Bar



Dumbbells



Jump Rope



Hills



FOUR PILLARS. FOUR WEEKS.

WEEK 1	PILLAR 1 ENDURANCE Cover the distance with confidence.	PILLAR 2 STRENGTH Push, pull, carry, and climb.	WEEK 2
WEEK 3	PILLAR 3 SIMULATION & MENTAL GRIT This week we simulate the course, the fatigue, and train the mind.	PILLAR 4 TRUST The work is done. Trust the process.	WEEK 4

HOW TO USE THE PLAN THE FORMAT

01 CHOOSE THE CATEGORY
Select Rookie, Commando, or Black-Ops at the top of the plan. Each category has the same weekly structure but scaled volume, intensity, and obstacle prep.

02 WORKOUTS
Each day has a main workout. Follow your category row and complete the session.

03 BROWNIE POINTS
The bravest Warriors do them anyway.



MARQUEE OBSTACLES

KNOW WHAT TO EXPECT

Five obstacles define the Warrior Race experience. This plan trains every movement pattern you'll need to conquer them.



MAMBA

A 5m climb up a rope net followed by a slide into a water pool. Your grip, pulling strength, and nerve are all tested at the same time.

- Pull-ups or lateral pull-downs and inverted rows
- Dead hangs for grip endurance
- Single-leg step-ups for climbing

MUD MONSTER

Waist-deep mud will test your patience. There is no easy way out. Pull yourself through and keep moving forward.

- Pull-ups & inverted rows
- Hanging knee raises
- Bear crawls for the crawl-through sections





AVALANCHE

A steep half-pipe climb using a net. Technique matters more than brute force.

- TRX rows at a low gradient
- Dead hangs and pull-ups
- Single-leg step-ups for climbing

BALANCE BEAMS

Train your balance when you are tired, not just when you are fresh.

- Single-leg balance holds
- Step-ups on unstable surfaces
- Single-leg deadlifts





WALL OF CHINA

A 2.5m vertical wall. Leg power gets you up. Grip keeps you there.

- Squat jumps & box jumps
- Pull-ups & muscle-up progressions
- Triceps dips for wall mount



MOVE.
DON'T STOP.

Your only job this week is to keep moving. We're building the aerobic engine that will carry you across the finish line. Walk if you must, but keep going. Every Warrior started exactly here.

Coach's Note: Go slower than you think you need to. An easy effort now builds the base that makes Week 4 possible.

- ROOKIE
- COMMANDO
- BLACK-OPS

MON	TUE	WED	THUR	FRI	SAT	SUN
ENDURANCE RUN Warm up: 10 min easy run	REST DAY	REST DAY	OBSTACLE PREP Warm up: 10 min easy run	REST DAY	LONGER EFFORT Warm up: 10 min easy run	REST DAY
20 Min Run Conversational pace. Walk whenever you need to. Focus entirely on breathing rhythm. Finish: 5 min jump rope Cool Down: 5 min easy walk and stretching			2 Rounds, 2 Min Rest Squat jumps 8x; Push-ups 8x; Bear crawl 10m; Dead hang 15s; Lunges 8x/leg; Hollow holds 20s Finish: 10 min easy run Cool Down: 5 min easy walk and stretching		25 Min Steady, comfortable effort on trails if possible. Walk every uphill. Finish it. Cool Down: 5 min easy walk and stretching	
35 Min Run Comfortable, steady pace. Short sentences possible. Push through the urge to walk. Finish: 5 min jump rope Cool Down: 5 min easy walk and stretching			3 Rounds 90s Rest Squat jumps 12x; Push-ups 12x; Bear crawl 15m; Dead hang 25s; Lunges 12r/leg; Hollow holds 30s Finish: 10 min easy run Cool Down: 5 min easy walk and stretching		45 Min Trail preferred. Steady effort. Walk uphill if needed, but keep moving. Cool Down: 5 min easy walk and stretching	
40 Min Run 30 min steady + 10 min slightly harder effort. Trail terrain preferred. Finish: 5 min jump rope Cool Down: 5 min easy walk and stretching			4 Rounds, 90s Rest Squat jumps 15x; Push-ups 15x; Bear crawl 20m; Dead hang 40s; Lunges 15r/leg; Hollow hold 30s Finish: 10 min easy run Cool Down: 5 min easy walk and stretching		55 Min Trail run. Attack every hill. Last 10 min push to a comfortably hard pace. Cool Down: 5 min easy walk and stretching	

❖ Brownie Points: 20-30 seconds dead hang hold at the end of every session!



BUILD THE ENGINE

Add load and intention to your movement. This week introduces pulling strength, the single most important physical quality for obstacle racing. Grip everything.

- ROOKIE
- COMMANDO
- BLACK-OPS

Coach’s Note: Hang from something every single day: a bar, a branch, a door frame. Twenty seconds of dead hanging is your daily habit.

MON	TUE	WED	THUR	FRI	SAT	SUN
STRENGTH Warm up: 10 min easy run at steady pace	PULL POWER Warm up 5-10 min dynamic stretching	REST DAY	HILL SPRINTS Warm up: 10 min easy jog	REST DAY	LONG RUN Warm up: 10 min easy jog	REST DAY
2 Rounds, 90s Rest DB Deadlifts 8x; DB Chest Press 8x; Single-leg Deadlifts 8r/leg; DB Shoulder Press 8x; Calf Raises 8x/leg; Skull Crushers 8x; Bear Crawls	2 Rounds, 90s Rest Pull-ups or rows 2x6; Supine leg lifts 2x10; Inverted rows 2x8; Dead hang 20s; Wrist curls 2x10/side		4x20s Max Uphill 4x20s max effort uphill, walk back down to recover, repeat		30 Min Steady, comfortable effort on trails if possible. Walk every uphill. Finish it.	
Finish: 15 min easy run Cool Down: 5 min easy walk and stretching	Finish: 10 min easy run Cool Down: 5 min easy walk and stretching		Finish: 10 min easy stairmaster or bleachers Cool Down: 5 min easy walk and stretching		Cool Down: 5 min easy walk and stretching	
3 Rounds, 75s Rest DB Deadlifts 10x; DB Chest Press 10x; Single-leg Deadlifts 10r/leg; DB Shoulder Press 10r; Calf Raises 10x/leg; Skull Crushers 10x; Bear Crawls 45s	3 Rounds 75s Rest Pull-ups or rows 3x8; Supine leg lifts 3x10; Inverted rows 3x8; Dead hang to failure; Wrist curls 3x12/side		6x30s Max Uphill 6x30s max effort uphill, walk back down to recover, repeat		45 Min Trail preferred. Steady effort. Walk uphill if needed, but keep moving.	
Finish: 15 min easy run Cool Down: 5 min easy walk and stretching	Finish: 15 min easy run Cool Down: 5 min easy walk and stretching		Finish: 15 min easy stairmaster or bleachers Cool Down: 5 min easy walk and stretching		Cool Down: 5 min easy walk and stretching	
4 Rounds, 60s Rest DB Deadlifts 12x; DB Chest Press 12x; Single-leg Deadlifts 12r/leg; DB Shoulder Press 12x; Calf Raises 12x/leg; Skull Crushers 12x; Bear Crawls 60s	4 Rounds 60s Rest Pull-ups or rows 4x10; Supine leg lifts 4x12; Inverted rows 4x12; Dead hang to failure; Wrist curls 4x12/side; Dead ball over-shoulder throws 1 min		8x30s Max Uphill 8x30s max effort uphill, walk back down to recover, repeat		55 Min Trail run. Attack every hill. Last 10 min push to a comfortably hard pace.	
Finish: 15 min easy run Cool Down: 5 min easy walk and stretching	Finish: 15 min easy run Cool Down: 5 min easy walk and stretching		Finish: 15 min easy stairmaster + 10 min easy jog Cool Down: 5 min easy walk and stretching		Cool Down: 5 min easy walk and stretching	

❖ **Brownie Points:** Take the stairs at every opportunity you get this week!



SIMULATE.
PREPARE.

Expect to be uncomfortable. That is the preparation working.

- ROOKIE
- COMMANDO
- BLACK-OPS

Coach's Note: Wear your race shoes on Saturday. Don't debut them on race day, your feet need to know them before the mud does.

MON	TUE	WED	THUR	FRI	SAT	SUN
TEMPO RUN 10 min easy jog + dynamic stretching 10 Min Tempo Comfortably hard, short sentences possible. Consistent effort throughout. Cool Down: 5 min easy walk and stretching	REST DAY	OCR SIMULATION 10 min easy jog + dynamic stretching Short Course Run 500m; 6 burpees; Run 200m; Bear crawl 30s; Run 200m; 6 burpees; Run 500m; Dead hang 2x30s on pull-up bar Cool Down: 5 min easy walk and stretching	OBSTACLE CIRCUIT Warm up: 10 min easy jog + dynamic stretching 2 Rounds, 75s Rest Weighted carry 30m; Bear crawl 10m; Squat jumps 8x; Dead hang 20s; Push-ups 8x; Hollow hold 20s Finish: 10 min easy run Cool Down: 5 min easy walk and stretching	REST DAY	RACE SIMULATION RUN Warm up: 10 min easy jog + dynamic stretching 40 Min with Obstacle Stops Easy trail run. Every 10 min stop and do: 5 squat jumps + 10m bear crawl + 10s dead hang Cool Down: 5 min easy walk and stretching	REST DAY
15 Min Tempo Comfortably hard, 4 to 5 words max. Hold the same pace start to finish. Cool Down: 5 min easy walk and stretching		3 Rounds 60s Rest Run 1km; 10 burpees; Run 200m; Bear crawl 1 min; Run 200m; 10 burpees; Run 1km; Dead hang 3x1 min Cool Down: 5 min easy walk and stretching	3 Rounds, 60s Rest Weighted carry 50m; Bear crawl 15m; Squat jumps 12x; Dead hang 30s; Push-ups 12x; Hollow hold 30s Finish: 10 min easy run Cool Down: 5 min easy walk and stretching		50 Min with Obstacles Stops Trail run. Every 12 min stop and do: 8 burpees + 15m bear crawl + 5 pull-ups. Keep moving between stops Cool Down: 5 min easy walk and stretching	
20 Min Tempo Lactate threshold pace throughout. Then 4x60m strides at 95% with 60s easy jog between each. Cool Down: 5 min easy walk		4 Rounds 45s Rest Run 1km; 15 burpees; Run 200m; Bear crawl 1 min; Run 200m; 15 burpees; Run 1km; Dead hang 3x1 min + 5 pull-ups each set Cool Down: 5 min easy walk and stretching	4 Rounds, 45s Rest Weighted carry 60m; Bear crawl 20m; Squat jumps 15x; Dead hang 45s; Push-ups 15r; Hollow hold 30s; Burpees 10r Finish: 10 min easy run Cool Down: 5 min easy walk and stretching		60 Min with Obstacle Stops Trail at race pace. Every 12 min stop and do: 10 burpees + 20m weighted crawl + 5 pull-ups each set. Minimal rest. Race conditions. Cool Down: 5 min easy walk and stretching	

🍪 Brownie Points: Give someone a piggyback ride!



TAPER WEEK. TRUST THE WORK.

Cut volume. Protect your fitness. The hard work is done, now your job is to arrive on race day rested, sharp, and confident. Two sessions only. Trust the process.

Coach's Note: Cut the volume. Keep the sharpness. Your legs should feel restless, that's stored energy. Don't waste it on extra training. Show up rested, confident, and ready to #BeBrave.

- ROOKIE
- COMMANDO
- BLACK-OPS

MON	TUE	WED	THUR	FRI	SAT	SUN
REST DAY	REST DAY	SHAKE-OUT RUN Warm up 5 min easy walk and light dynamic stretching	REST DAY	RACE-EVE ACTIVATION Warm up 10 min easy jog		RECOVERY
		10 Min Very Easy Very easy jog. No effort, just keep your legs moving. Nothing more. Cool Down: 5 min easy walk and stretching		Light Session 10 min easy run 3x5 squat jumps + 20s dead hang		
		15 Min Easy Easy relaxed jog. Controlled breathing throughout. 4x20s light strides at the end. Cool Down: 5 min easy walk and stretching		Sharpener 15 min easy run 4x20s race strides with 60s walk between each 3 pull-ups + 5 squat jumps		
		20 Min Easy + Strides 20 min easy run then 4x30s race-pace strides with 60s walk recovery between each. Sharp, not tired. Cool Down: 5 min easy walk and stretching		Precision Activation 15 min easy run 5x20s race-pace strides with 60s walk between each 1 round: 3 pull-ups + 5 squat jumps + 10s dead hang	Crush your Race! Start easy Attack every obstacle with confidence. Finish strong!	





YOUR RACE DAY MANTRAS

I
trained
for this.



I
get to
do this.



I
can do
hard things.



I
finish
what I start.



#BE BRAVE

GLOSSARY

We know you might know all these fancy terms, but just in case, we thought we would share!

Bear Crawl:

On hands and feet with knees off the ground, move forward, keeping hips low and core tight. The lower you stay, the better your Leopard Crawl prep.

DB:

Dumbbell.

DB Chest Press:

Lie on your back, press the dumbbells from your chest to full arm extension. Builds the pushing strength needed for wall mounts and crawl recovery.

DB Deadlift Hinge:

At the hips, keep the back flat, lift the dumbbells from the ground to standing. Builds the posterior chain that powers every hill you'll run.

DB Shoulder Press:

Press dumbbells overhead from shoulder height to full extension. Builds the overhead strength used every time you pull yourself over something.

Dead Hang:

Both hands on a bar, arms straight, feet off the ground. Hold. The single most race-specific exercise in this plan. If you do nothing else between sessions, do this.

Dead Ball Over-Shoulder Throw:

Pick up a heavy ball, load it to one shoulder, and throw it forcefully behind you. Explosive full-body power in one movement.

Dynamic Stretching:

Active movement-based stretching done before a session. Leg swings, arm circles, walking lunges. Do this before, not after.

Hollow Hold:

Lie on your back, press your lower back into the floor, raise your legs and shoulders slightly off the ground, and hold.

Inverted Row:

Lie under a bar with a straight body and pull your chest to it. The most important stepping stone to pull-ups.

Lactate Threshold:

The pace just below where lactic acid starts accumulating rapidly. You can say 4 to 5 words. Sustained effort here is what Black-Ops tempo runs target.

Reps (r):

The number of times you complete one full movement.

Single-leg Deadlift:

Stand on one leg, hinge at the hip, and lower the weight toward the ground while extending the free leg behind you. Builds balance and posterior chain strength for uneven terrain.

Skull Crushers:

Lie on your back with dumbbells above your chest, lower them toward your forehead by bending only at the elbows, and extend back up. Builds triceps strength for wall push-ups and mount exits.

Squat Jump:

Lower into a squat, explode upward, land softly with bent knees. The closest gym approximation to the Wall of China approach jump.

Strides:

Short controlled accelerations of 20 to 30 seconds at near race pace. Done at the end of easy runs to keep the legs sharp without adding fatigue.

Supine Leg Lift:

Lie on your back, legs straight, raise to 90 degrees, and lower slowly without letting them touch the ground. Core and hip flexor endurance.

Tempo Run:

A sustained run at comfortably hard effort. You can speak in short phrases but not hold a conversation. The most efficient single session for building race fitness.

Weighted Carry:

Pick up any heavy object, a sandbag, a backpack, a loaded bag, and carry it for the distance prescribed. Directly trains the Mud Monster and general race fatigue.

Wrist Curls:

Forearm resting on a surface, dumbbell in hand, curl the wrist up and lower slowly. Builds the forearm endurance that stops your grip failing on Wall of China and the Avalanche.





#BEBRAVE

GOOD LUCK WITH THE TRAINING
AND SEE YOU AT THE START LINE

