



2020 VIRTUAL FRANKENMÜDDER RUN OPTIONS

The following are suggested exercises to help guide you through the 2020 FrankenMudder Virtual run.

*But we all know that the real reason you run the FrankenMudder is to get muddy and so this is where we need you to be creative! We've added some places in our runs to **GET MUDDY!** and we do not care how you do it! Have someone pour it on you! Jump in a puddle of it! Belly slide through it! Be creative and get muddy! (or don't...but then why would you even want to bother running?)*

Feel free to customize things to fit your needs and by all means stay safe!

Captain Ranking (Easy):

Run/walk ½ mile (0.5)

Tap Jacks - 1 minute (step one foot out to side as you bring hands overhead then the other alternating legs- not jumping involved)

GET MUDDY!

Run/walk ½ mile (1.0)

15 Incline (on step or ledge) or knee push-ups

Run/walk ½ mile (1.5)

Single leg-leg lifts 10 each side & Crab walks (start on butt, lifting up to hands and feet move forwards or backwards 25 feet/steps)

GET MUDDY!

Run/walk ½ mile (2.0)

Squats (touching ground by your feet if possible) & Inchworms (place hands on ground walking out to plank position then back and stand back up, repeat 4 more times)

Run/walk ½ mile (2.5)

Step-ups (10 each leg) and triceps dips for 10

GET MUDDY!

Run/walk ½ mile (3.0)

Plank for 30 seconds & wall sit for 30 seconds

Finish with 0.1 miles to your finish line!! (3.1~5k completed)

*Be sure and take some race videos or finish line selfies showing us your creativity and tag us on Facebook or Instagram with **#VirtualFrankenMudder2020** and you will be entered to win free gear from our online store.*



Major Ranking (Moderate):

Run/walk ½ mile (0.5)

Jumping Jacks - 1 minute & 15 Pushups

GET MUDDY!

Run/walk ½ mile (1.0)

Mountain climbers (30 seconds or 30 each leg forward) & Supermans on stomach (raising opposite arm and leg - 10 each side)

Run/walk ½ mile (1.5)

Double leg lifts 15 (laying on your back) & Crab walks (start on butt, lifting up to hands and feet move forwards or backwards 25 feet/steps)

GET MUDDY!

Run/walk ½ mile (2.0)

Squats Jumps (touching ground by your feet if possible then reaching overhead as you jump as high as you can) & Inchworms (place hands on ground walking out to plank position then back and stand back up, repeat 4 more times)

Run/walk ½ mile(2.5)

Walking Lunges (10 each leg) & Bear crawls (on hands and toes, move forward 25 feet/steps)

GET MUDDY!

Run/walk ½ mile (3.0)

High plank on hands and toes (tapping one toe out to side then back then the other 10 each side) & wall sit for 1 minute.

Finish with 0.1 miles to your finish line!! (3.1~5k completed)

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General Ranking (Difficult):

Run/walk ½ mile (0.5)

Jumping Jacks - 1 minute & 15 Pushups (clap in between if you can)

GET MUDDY!

Run/walk ½ mile (1.0)

Army crawl (on elbows and toes/knees) move 25 feet forward & Supermans on hands and toes (raising opposite arm and leg - 10 each side)

Run/walk ½ mile (1.5)

Flutter kicks 1 minute (laying on your back and alternate lifting one leg then the other - don't touch leg down in between) & Crab walks (start on butt, lifting up to hands and feet move forwards or backwards 25 feet/steps)

GET MUDDY!

Run/walk ½ mile (2.0)

Burpees with Squats Jumps - 10 times (jump up, jump legs back to plank position, add a push-up if you can, jump feet back up then jump up off ground again) & Bicycle crunches for 1 minute.

Run/walk ½ mile(2.5)

Backwards/reverse Lunges (10 each leg) & Bear crawls (on hands and toes, move forward 25 feet/steps)

GET MUDDY!

Run/walk ½ mile (3.0)

High plank on hands and toes (tapping one hand to opposite shoulder then the other 10 each then spiderman plank (bringing knee to elbow, keep hips low, 10 each leg) & wall sit for 1.5 minutes.

Finish with 0.1 miles to your finish line!! (3.1~5k completed)

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