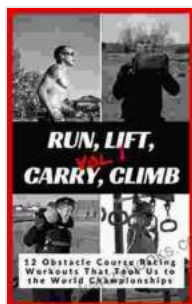


# 12 Obstacle Course Racing Workouts That Took Us To The World Championships

Obstacle course racing (OCR) is a challenging and rewarding sport that tests your strength, endurance, and mental toughness. If you're looking to take your OCR performance to the next level, then you need to incorporate these 12 workouts into your training routine.

These workouts are the same ones that we used to prepare for the OCR World Championships, and they helped us to achieve our goals of podium finishes. We've designed these workouts to be progressive, so you can start with the beginner workouts and gradually work your way up to the more advanced workouts.

Whether you're a beginner or a seasoned OCR athlete, these workouts will help you push your limits and achieve your OCR goals.



## Run, Lift, Carry, Climb: 12 Obstacle Course Racing Workouts That Took Us to the World Championships

by Riley Nadoroznick

★★★★☆ 4.6 out of 5

Language : English

File size : 3548 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 111 pages

Lending : Enabled



- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - 10 bodyweight squats
  - 10 push-ups
  - 10 lunges
  - 10 burpees
  - 10 mountain climbers
- **Rest:** 1 minute
- **Repeat:** 3 times
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking
- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - 15 bodyweight squats
  - 15 push-ups
  - 15 lunges
  - 15 burpees
  - 15 mountain climbers
- **Rest:** 1 minute

- **Repeat:** 4 times
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking
- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - 20 bodyweight squats
  - 20 push-ups
  - 20 lunges
  - 20 burpees
  - 20 mountain climbers
- **Rest:** 1 minute
- **Repeat:** 5 times
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking
- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - 3 sets of 10 reps of barbell back squats
  - 3 sets of 10 reps of bench press
  - 3 sets of 10 reps of deadlifts
- **Rest:** 2 minutes between sets
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking

- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - Run 3 miles at a pace that is challenging but sustainable
- **Rest:** 5 minutes
- **Repeat:** 2 times
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking
- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - Find a hill that is challenging but not too steep
  - Run up the hill as fast as you can
  - Walk back down the hill
  - Repeat for 10-15 minutes
- **Rest:** 5 minutes
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking
- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - Find an OCR course or a park with obstacles
  - Run through the course or park, completing the obstacles as you go

- **Rest:** 5 minutes
- **Repeat:** 2-3 times
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking
- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - Go for a walk or bike ride
  - Do some light yoga or stretching
  - Get a massage
- **Rest:** As needed
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking
- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - Do some light cardio, such as jogging, cycling, or swimming
  - Play a sport that you enjoy
  - Go for a hike or walk in nature
- **Rest:** As needed
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking
- **Rest:** Take a complete day off from exercise. This will give your body time to recover and rebuild.

- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - Try a different type of exercise, such as swimming, cycling, or rock climbing
  - This will help you to improve your overall fitness and reduce your risk of injury.
- **Rest:** As needed
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking
- **Warm-up:** 5 minutes of light cardio, such as jogging or walking
- **Workout:**
  - Do an activity that you enjoy, such as playing a sport, dancing, or going for a hike.
  - This will help you to stay motivated and make your workouts more enjoyable.
- **Rest:** As needed
- **Cool-down:** 5 minutes of light cardio, such as jogging or walking

These 12 workouts are a great way to prepare for your next OCR race. By following these workouts, you will develop the strength, endurance, and mental toughness that you need to conquer any OCR course.

Remember to listen to your body and rest when you need to. With hard work and dedication, you can achieve your OCR goals.

We are a team of OCR athletes who have competed in the OCR World Championships. We have used these workouts to help us achieve our goals of podium finishes. We are committed to helping

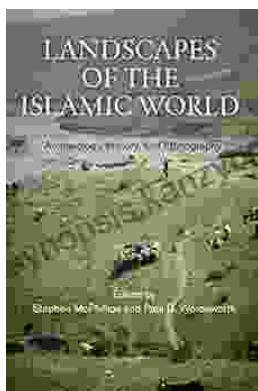


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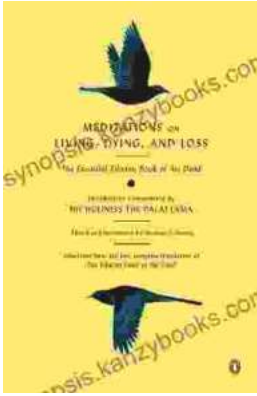
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