

The 8-Week Program for Obstacle Course Racers Looking to Torch Fat and Increase Endurance

Obstacle course racing (OCR) is a challenging sport that requires both strength and endurance. If you're new to OCR, or if you're looking to improve your performance, this 8-week program is for you.



Predator: A 6-Week Program For Obstacle Course Racers Looking To Torch Fat, Increase Endurance, and Become Strong Enough To Take On Any Obstacle

by Riley Nadoroznick

★★★★★ 5 out of 5

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This program is designed to help you torch fat, increase endurance, and build the strength you need to conquer any obstacle course.

Week 1

Monday: Rest

Tuesday: Run for 30 minutes at an easy pace.

Wednesday: Strength training:

- Squats: 3 sets of 10-12 reps
- Push-ups: 3 sets of 10-12 reps
- Deadlifts: 3 sets of 10-12 reps

Thursday: Rest

Friday: Run for 20 minutes at a moderate pace.

Saturday: Strength training:

- Burpees: 3 sets of 15 reps
- Pull-ups: 3 sets of 10 reps
- Kettlebell swings: 3 sets of 15 reps

Sunday: Rest

Week 2

Monday: Rest

Tuesday: Run for 35 minutes at an easy pace.

Wednesday: Strength training:

- Squats: 3 sets of 12-15 reps

- Push-ups: 3 sets of 12-15 reps
- Deadlifts: 3 sets of 12-15 reps

Thursday: Rest

Friday: Run for 25 minutes at a moderate pace.

Saturday: Strength training:

- Burpees: 3 sets of 20 reps
- Pull-ups: 3 sets of 12 reps
- Kettlebell swings: 3 sets of 20 reps

Sunday: Rest

Week 3

Monday: Rest

Tuesday: Run for 40 minutes at an easy pace.

Wednesday: Strength training:

- Squats: 3 sets of 15-20 reps
- Push-ups: 3 sets of 15-20 reps
- Deadlifts: 3 sets of 15-20 reps

Thursday: Rest

Friday: Run for 30 minutes at a moderate pace.

Saturday: Strength training:

- Burpees: 3 sets of 25 reps
- Pull-ups: 3 sets of 15 reps
- Kettlebell swings: 3 sets of 25 reps

Sunday: Rest

Week 4

Monday: Rest

Tuesday: Run for 45 minutes at an easy pace.

Wednesday: Strength training:

- Squats: 3 sets of 20-25 reps
- Push-ups: 3 sets of 20-25 reps
- Deadlifts: 3 sets of 20-25 reps

Thursday: Rest

Friday: Run for 35 minutes at a moderate pace.

Saturday: Strength training:

- Burpees: 3 sets of 30 reps

- Pull-ups: 3 sets of 20 reps
- Kettlebell swings: 3 sets of 30 reps

Sunday: Rest

Week 5

Monday: Rest

Tuesday: Run for 50 minutes at an easy pace.

Wednesday: Strength training:

- Squats: 3 sets of 25-30 reps
- Push-ups: 3 sets of 25-30 reps
- Deadlifts: 3 sets of 25-30 reps



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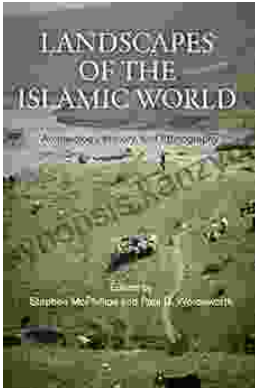
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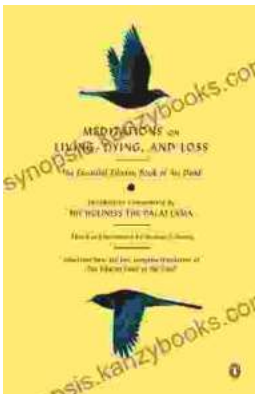
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