

Obstacle Course Workout Plan (Limited Gym Access)

Equipment Substitutes

- Backpack loaded with books or sand (40–75 lbs)
- Stairs, bleachers, or stadium steps
- Playground bars or sturdy fence for pulling
- Traffic cones, lines, or tape for agility work
- Towel or rope for dragging simulations

Weekly Training Schedule (4 Days Per Week)

- Day 1: Running + Lower Body Power
- Day 2: Upper Body, Grip, and Crawl Training
- Day 3: Active Recovery
- Day 4: Full Course Simulation

Day 1 – Running & Lower Body Power

- Warm-up: 5–10 minute jog and dynamic stretching
- Stair or hill sprints: 6–8 runs
- Walking lunges: 3 sets of 20 steps
- Step-ups (bench or stair): 3 sets of 15 per leg
- Broad jumps (ditch simulation): 4 sets of 5
- Jog 1–1.5 miles at steady pace

Day 2 – Upper Body, Grip & Crawl

- Warm-up: Jump rope or brisk walk 5 minutes
- Push-ups: 5 sets of 20
- Pull-ups or inverted rows: 4 sets to max
- Bench or chair dips: 3 sets of 15
- Farmer carry with backpack: 4 rounds of 40 feet
- Dead hang or towel hang: 3 rounds of 30–45 seconds
- Bear crawl (low): 4 rounds of 20 feet
- Plank: 3 rounds of 60 seconds

Day 3 – Active Recovery

- Light jog, bike, or brisk walk for 20–30 minutes
- Stretch hips, calves, hamstrings, shoulders
- Focus on mobility and breathing

Day 4 – Course Simulation (Minimal Equipment)

- 800 meter run
- Line or cone hops \times 10
- Stair climb up and down \times 2
- Low crawl \times 20 feet
- Broad jump \times 3
- Fence or wall climb practice
- Backpack or sandbag drag \times 20 feet
- 400 meter run
- Rest 2–3 minutes and repeat 2–3 rounds