

## 4 Ways to Train for an Obstacle Course Race

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There are many obstacle course races to choose from. There are fun ones, tough ones, long ones, extreme ones...it seems like there's something for everyone. Obstacle races will definitely challenge your muscles; so you better prepare.

Obstacle courses challenge muscles that you may not be used to using, and test your endurance in ways that you haven't been tested. To prepare effectively, get your body used to cardiovascular output while using your muscles.

Crawling, pulling, pushing, and running are all components that you're likely to face. If you have access to climb cargo nets, scale walls, and crawl through pipes, then use it. If not, then the following obstacle course training ideas will help get you physically and mentally ready for your next obstacle course race.

### Train for Crawling

**Crawling helps build strength while you move across the ground.**

#### How to crawl:

- Get down on all fours.
- Keep your hips low to the ground.
- 'Walk' a distance of 20 to 50 yards, depends on your fitness ability.
- Repeat two to three times.

### Pulling out All the Stops

Find a pullup or chinup bar, and lift yourself up off the ground.

#### How to do a pullup:

- Vary your hand positions to work different muscles: Face palms away for a set, then towards you for a set. Use your muscles to lift your body off the ground and pull up so your chin goes above the bar.
- Try as many you can to.
- Repeat it three times.

If you don't have access to a bar, use the Lat-Pull machine at the gym. You can also do back flies to work the same muscle group.

#### How to:

- Take a weight in each hand (dumbbell, can of beans, etc).
- Bend forward from the hips until your back is parallel with the ground.
- Keep your arms are hanging towards the ground.
- Slowly lift your arms out to the side (skyward).
- Then lower your arms back down.
- Aim to bring the shoulder blades around your spine, and keep your neck relaxed.

- Do a set of 12 to 15.
- Repeat three times.

### **Push for Chest Strength**

A pushing motion requires chest strength, including crawling on all fours. Push-ups are an extremely effective way to train, so include push-ups in your workout routine.

#### **Mix it up:**

- Keep hands close to your body, or out wide under your shoulder.
- Try a decline push up with your feet on a bench.
- Test yourself with an incline--place your hands on a bench.
- Do 15 to 20 reps in each set.
- Repeat three to four times.

### **Running for Obstacle Course Races**

The thing about obstacle races is that you run in between various obstacles. Therefore, in between all of the sets listed above, run.

#### **Mix the running up:**

- Choose a short distance and sprint.
- Slow down and run a longer distance.

Here's an example of a set you might try:

- 12 Push-ups
- Bear Crawl 20 yards
- Sprint 100 yards
- 12 Back Flies
- 10 Squats
- Run back to your start point
- Repeat three times

As with any workout, be sure to warm up and cool down. Your goal on race day is to be healthy and injury-free.