

15 YEARS OF
**TOTAL
WARRIOR**
ACCEPT THE CHALLENGE...



**COUCH TO
6K
IN 4 WEEKS**



GET MOVING



BUILD HABITS



GET STRONGER



FEEL AMAZING

NOBODY FINISHES ALONE.

15 YEARS OF
**TOTAL
WARRIOR**
ACCEPT THE CHALLENGE...

It doesn't matter how you get to the finish line — run, jog, walk or crawl — you won't be doing it alone.

Total Warrior isn't about finishing first. It's about taking on the challenge, pushing yourself, and crossing the line together. No matter how long it takes, every Warrior earns their finisher's medal, official t-shirt, and well-earned Northern Monk beer waiting at the finish line.

Our 6K course is built for first timers, beginners, and anyone looking to get back into fitness. Thousands take it on every year with friends, family, workmates and teammates — but even if you sign up solo, one thing never changes.



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You don't need fancy gear to become a Warrior.

Just a pair of comfy trainers, a water bottle, and the willingness to get started. This plan is designed for beginners, first timers, and anyone who's not trained in a while.

Every session completed is a step closer to the start line. Every walk, jog, hill, squat and muddy trainer is progress.

By the end of this 4 week plan, you'll have built up your fitness, confidence, cardio and strength to a level where — with a little help from your teammates and fellow Warriors — you'll be ready to take on the Total Warrior 6K course.



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WEEK 1

BUILD THE HABIT

COUCH TO 6K IN 4 WEEKS



**6K COURSE
15 OBSTACLES**



**NOBODY
FINISHES ALONE**



**MEDAL, T-SHIRT
& FINISHER'S BEER**



**WALK, JOG,
RUN OR CRAWL**

SESSION 1



MOVE

**20–25 MIN
WALK / JOG**

Nice and easy.
Build the habit
and get moving.



SESSION 2



OBSTACLE PREP

- SQUATS X 10
- INCLINE PRESS UPS X 10
- PLANK X 20 SEC
- BEAR CRAWL X 20M

REPEAT X 3

SESSION 3



OUTDOORS

**30 MIN
OUTDOOR WALK
OR JOG**

Get outside and
enjoy your space.



THIS WEEK'S WARRIOR CHALLENGE

- RUN WITH A FRIEND
- TRY A HILL
- DRINK MORE WATER
- STRETCH FOR 10 MINS
- GET OUTSIDE

**TICK THEM
OFF!**



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WEEK 2

FIND YOUR RHYTHM

GOUCH TO 6K IN 4 WEEKS



**6K COURSE
15 OBSTACLES**



**NOBODY
FINISHES ALONE**



**MEDAL, T-SHIRT
& FINISHER'S BEER**



**WALK, JOG,
RUN OR CRAWL**

SESSION 1



MOVE

**25–30 MIN
WALK / JOG**

Steady effort.
Find your
comfortable
pace.



SESSION 2



OBSTACLE PREP

- LUNGES X 10 (EACH LEG)
- PRESS UPS X 10
- PLANK X 30 SEC
- TRICEP DIPS X 10

REPEAT X 3

SESSION 3



OUTDOORS

**35–40 MIN
OUTDOOR WALK
OR JOG**

Add a hill if
you can.



THIS WEEK'S WARRIOR CHALLENGE

- FIND A HILL
- DO A PARK WORKOUT
- GET MUDDY
- STRETCH FOR 10 MINS
- FUEL YOUR BODY

**TICK
THEM
OFF!**



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WEEK 3

BUILD STRENGTH

GOUGH TO 6K IN 4 WEEKS



**6K COURSE
15 OBSTACLES**



**NOBODY
FINISHES ALONE**



**MEDAL, T-SHIRT
& FINISHER'S BEER**



**WALK, JOG,
RUN OR CRAWL**

SESSION 1



MOVE

**30-35 MIN
WALK / JOG
WITH HILLS**

Add some hills
to build strength
and stamina.



SESSION 2



OBSTACLE PREP

- SQUATS X 15
- PRESS UPS X 12
- PLANK X 40 SEC
- FARMER CARRY X 20M

REPEAT X 3

SESSION 3



OUTDOORS

**40-50 MIN
WALK / JOG
OR INTERVALS**

Try short bursts
of effort.



THIS WEEK'S WARRIOR CHALLENGE

- CARRY SOMETHING
- PRACTICE HANGING
- DO INTERVALS
- TRAIN WITH YOUR TEAM
- STAY CONSISTENT

**TICK
THEM
OFF!**



WEEK 4

YOU'RE READY.

COUCH TO 6K IN 4 WEEKS



6K COURSE
15 OBSTACLES



NOBODY
FINISHES ALONE



MEDAL, T-SHIRT
& FINISHER'S BEER



WALK, JOG,
RUN OR CRAWL

SESSION 1



MOVE

30-40 MIN

EASY RUN / JOG

Feel good
movement.
Keep it easy.



SESSION 2



OBSTACLE CIRCUIT

COMPLETE 3 ROUNDS:

- BURPEES X 10
- INCLINE PRESS UPS X 15
- PLANK X 45 SEC
- SANDBAG CARRY X 20M

REPEAT X 3

SESSION 3



REHEARSE

6K SIMULATION

WALK / JOG / RUN
WITH YOUR TEAM

Test yourself and
enjoy the journey!



THIS WEEK'S WARRIOR CHALLENGE

- BELIEVE IN YOURSELF
- VISUALISE RACE DAY
- GET A GOOD NIGHT'S SLEEP
- ENJOY THE JOURNEY
- YOU'VE GOT THIS!

**TICK
THEM
OFF!**

