

MISSION UNBREAKABLE OCR

The JERK Training approach to Obstacle Course Racing



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Firstly, well done for taking on your OCR event.

These events are set up to test you in every aspect of Functional Fitness.

Alongside this they should be enjoyable, give you a sense of accomplishment and build camaraderie and team spirit.

We hope this OCR guide & the training programme is enjoyable & gives the confidence to enjoy a great event.

Matt & Jon

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An OCR race or Obstacle Course Racing (OCR) is a sport in which a competitor, traveling on foot, either as part of a team or individually must overcome various physical challenges in the form of obstacles.

Races vary in length from courses with obstacles close together to events of several kilometres which incorporate elements of track, road and/or cross country/trail running.

Courses may include climbing over walls or up ropes, monkey bars, carrying heavy objects, traversing bodies of water or mud, crawling under barbed wire, and jumping through fire.

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**There are numerous ways
to train for OCR's.**

**This guide is here to give you a
beginners training plan.**

**Based on the versatility of replicating
OCR movements which can be done
in your back garden or on any piece
of public land.**

**The basic training plan is designed
over 10/12 weeks.**

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Please remember, by signing up to an OCR you have made a first great step.

For most OCR type events you will be able to complete them without much training.

However by committing to some specific training you may reduce the risk of injury and gain confidence in familiarising yourself with some of the basic movements and principles, therefore making your OCR experience even better!

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To complete the OCR training all you will need is an outside space, ideally a park or beach setting.

Grass or sand will not be as harsh on your arms and legs as concrete!

For the body weight sessions you will need no equipment, it would be beneficial if you found a small hill to utilise. Ideally with at least 100m of space to mark out.

For the strength sessions you will require a dumbbell or kettlebell of around 8-12kg.

Tyre work will probably need to be completed as part of a structured JERK session.

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Phase 1
Timescale
Weeks 1-4/6



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Objectives:

Breaking down OCR movements.

Learning and development.

Training format:

Mid range intensity 60/70%.

HIIT style with long recovery periods & technical explanation

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This is all about orientation and familiarisation, and is where you will take 4-6 weeks to learn and understand new techniques and training which replicate the event you are undertaking.

These are completed at a slightly lower intensity as you start to understand how to complete the movement in a safe way.

You will begin to use muscles you have not used before, and it will feel tougher to begin with. At the end of Phase 1 your goals should be an improved confidence and understanding of the movements of the OCR.

Phase 1 will also incorporate several elements of training & be used to identify areas for improvement as you move along in your training into Phase 2.

Phase 1 training can feel like you are not improving because you are in a learning phase, this is completely normal and part of a training cycle.

Try not to dwell on anything other than your learning and development in a new discipline, if you get Phase 1 right it will give you an amazing platform to start to see major improvement in Phase 2 as you have mastered the basic principles.

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Phase 2
Timescale
Weeks 6-10



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Objectives:

Starting to undertake movements in a semi-competitive way. For example, at a faster pace against other individuals.

Focussing on event conditioning/endurance.

Identifying specialist training on areas for improvement

Training format:

Increased intensity 70/80%.

Increase in fitness levels.

Combinations of exercises.

Identifying areas of weakness & focus exercises.

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During this phase you will start to increase your intensity and put together elements of phase 1 to replicate competition conditioning. Phase 1 will have taught you the correct way to perform the movement and Phase 2 will start to put these together in sequence. During this phase we will be aiming to also raise your OCR fitness levels.

This is also where we will identify areas for improvement or work. When you start to train at this level you combine the fitness element with the ability to undertake the disciplines in a more intense environment. We will aim to complete Phase 2 around 2 weeks/10 days prior to the OCR date, you should be at your peak in terms of fitness and mental readiness.

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Phase 3
Timescale
Weeks 10-12



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Objectives:

Finessing and focussing on technical and preparation.

Focus and visualisation

Concerns/worries.

Pre and post comp prep.

Training format:

Lower intensity 50/60%

Conditioning & active recovery sessions.

Pre competition preparation.

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Think of this phase as your pre test revision!

This is where we will slow down all of the work and finesse areas of concern or worry.

Phase 3 is about active recovery i.e. continuing to be mentally and physically ready but not pushing yourself and risking injury.

During this phase we will be practicing and discussing any areas of worry as a team.

Discussing pre comp preparation whilst keeping you active.

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OCR CORE ELEMENTS

STRENGTH

Improving your ability to perform movements by progressive training routines. Usually, weight based but functional fitness approaches can also be utilised.

HIGH INTENSITY INTERVAL TRAINING HIIT

As per the description this is high intensity workouts designed to hit your max heart rate in a shorter amount of time. HIIT needs to be interspersed with periods of rest/recovery to ensure maximum results.

CORE WORK

Important for developing stability, balance, and power. Often these muscles are crucial in allowing the bigger group of muscles to function effectively.

PLYOMETRICS

Explosive movements such as burpees, vertical jumps. Essential for ensuring you can move your body effectively around an OCR course.

FULL BODY ENDURANCE

Ensuring that your body has the ability to work over a constant period of time.

RUNNING

Like it or loath it running is a key component of any OCR. This does not mean you need to be fast. It does mean that you need to put some miles in to ensure that your legs and cardio system can carry you over the distance of the course.

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Mission Unbreakable Bodyweight Routine

Here are some example routines.

Timings: Aim for 7-10 minutes per routine.

These can be done in a group setting or individually.

Each of the rounds comprises at least 2 of the movements in the Mission Unbreakable OCR, whilst we may not have access to all of the OCR equipment hopefully this approach will allow a structured approach to the training.

This should last for around 4/6 weeks, after this we will start to build the different rounds therefore bringing in multiple exercises once we are comfortable with the basic principles.

All of the rounds will ideally be done on sand or grass.

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BW#1

MINEFIELD & BALANCE TRAINING

Based on a 20m x 20m square

Wide High Knees ladder 20m

20m lunge or balance beam walk

High Knees ladder 20m

20m log or balance beam walk

One square of walking/jogging
recovery between each round.

Repeat for time

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BW#2

TUNNEL/NET CRAWL TRAINING

10m x 10m square

10m bear crawl

10m jog/lunge

10m commando crawl

10m jog/lunge

One square of recovery
between each round

Repeat for time

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BW#3

UNDER/OVER TRAINING

200m straight line.
First 50m every 10m do :

Tuck jumps x 2

OTR jump

1m side crawl

Commando roll

10m jog to next station

repeat x 5

100m run out, run back

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repeat.



BW#4

HILL WORK,
RESISTANCE RUNNING,
MUD WORK

20s / 10s (work/rest)
Finish with a 20m hill.

Burpees

sit ups

squats

sand dune

20m down hill run/walk recovery

Repeat for time

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BW#5

FLAT SPEED / FLOOR WORK

20s/10s (work/rest).

Finish with a 20 step sprint

20m fast run in

Plank Knee 2 Elbow

Side abs

V-sits

High Knees

Plank hold

20 step sprint outof plank

walk back for recovery

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Repeat for time



Mission Unbreakable Equipment Based Routine

Here are some example routines.

Timings: Aim for 7-10 minutes per routine.

These can be done in a group setting or individually.

This will require some basic equipment and some more specialist. Please speak to the JERK team for help.

Each of the rounds comprises at least 2 of the movements in the Mission Unbreakable OCR, whilst we may not have access to all of the OCR equipment hopefully this approach will allow a structured approach to the training.

This should last for around 4/6 weeks, after this we will start to build the different rounds therefore bringing in multiple exercises once we are comfortable with the basic principles.

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EQ#1

TYRE WORK

20m straight line.

(YGIG: YOU GO I GO PARTNER WORK)

Roped Tyre drag 20m

YGIG Burpees x 10 (each)

Roped Tyre pull 20m

YGIG Burpees x 10 (each)

50m run

walk back.

Repeat for time

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EQ#2

SANDBAG WORK

20m straight line

Clean and press x 10

Lunge 10m

Clean and Press x 10

Lunge 10m

50m run

50M walk back

Repeat for time.

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EQ#3

SLAM BALL WORK

50m straight line

Wall balls x 10

Over the Shoulder x 10

Slams x 10

50m run out and back.

Repeat for time

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EQ#4

KETTLE BELL/DUMBBELL WORK

Straight line 50m

KB swings/DB snatch x 10

Burpees X 10

sit ups x 10

squats x 10

20m run hill

20m run down/walk recovery

Repeat for time.

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EQ#5

TYRE WORK #2

straight line 20m

Tyre in/outs x 10

tyre flip out 10m

Tyre in/outs x 10

flip back 10m

50m run

Repeat for time.

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