

Burpees for Bros: 60,000kg Movember Challenge

"You become the best - not because you have the best genetics, but because you have the mindset and motivation to master the brain, and the body. Anyone can learn to do the same - wherever they compete." RHP – Remain Strong

What is this?

A 3-week training and performance campaign designed for the Movember challenge, moving 60,000kg of bodyweight (710 burpees) in under 60 minutes on Friday, 29 November. This programme builds endurance, discipline, and pacing intelligence, aligning with the Eternal Athlete mindset behind Remain Strong's HP High Performance Programme

Want to join me? Work out your own target.

The math is pretty easy. Workout your body weight in kg - divide into 60,000kg. So, for me I weigh 85kg. $60,000 \div 85 = 706$ Burpees in 60 mins. We've just rounded it up to 710 😊

Could you be in better shape and using this challenge to kick start?

Why not move 60,000lbs in 60mins? Same math, work out your body weight in lbs, divide 60,000lbs by your lbs body weight. It comes out at roughly 60% of the kg target so be under no illusion it will be tough.

Notice: This is a tough challenge so you need to consider your health, and if you have any underlying medical issues or concerns consult a qualified professional before undertaking the challenge – Let's stay safe people.

Challenge Details

Event Date: Friday, 29 November

Goal: 710 burpees (60,000kg moved)

Time Limit: Under 60 minutes

Theme: Discipline over motivation — the work creates the warrior.

The Preparation Programme.

Week 1 (Mon 11 – Sun 17 Nov): Foundation & Control

“Eternal Athlete Mindset Attribute – Learning – “Curiosity is the muscle that keeps growth alive and the athlete elite.”

Goal: Establish rhythm, control breathing, and build endurance pacing (~400–450 burpees/session by end of week).

Mon 11 – Controlled Volume

15 rounds x 10 burpees. 30s rest/round. (~25 mins). Smooth, consistent movement.

Tue 12 – Endurance Block

3 x 5-min AMRAPs, 2-min rest between. (~250–300 total).

Wed 13 – Recovery

Walk, stretch, mobility.

Thu 14 – EMOM Conditioning

10 burpees every minute for 15 mins. Maintain pace.

Fri 15 – Flow + Core

10 rounds of 10 burpees + 30-sec plank each round. (~25 mins).

Sat 16 – Long Endurance

40-min continuous burpee effort (pacing 8–10/min).

Sun 17 – Rest

Active recovery walk or stretch.

Week 2 (Mon 18 – Sun 24 Nov): Endurance & Volume Build

“Eternal Athlete Mindset Attribute – Effort – “Real change hurts – it’s how you know it’s working”

Goal: Build stamina, reduce rest, simulate mid-challenge fatigue management.

Mon 18 – Half Simulation

35 rounds of 10 (350 total), 15s rest/round (~40 mins).

Tue 19 – Speed EMOM

10 burpees every 45s x 20 rounds. (~200 total).

Wed 20 – Rest

Full recovery day.

Thu 21 – Density Set

4 x 5-min AMRAPs. Try 80–90 burpees per block. 90s rest between.

Fri 22 – Technical Flow

10 rounds of 10 burpees — focus on efficient movement and breathing.

Sat 23 – Long Simulation

500 burpees continuous. Aim for steady pace (~55 mins).

Sun 24 – Rest

Mobility & hydration.

Week 3 (Mon 25 – Fri 29 Nov): Peak & Taper

“Eternal Athlete Mindset Attribute – Persistence – “Change demands more than effort; it demands endurance.”

Goal: Hit target, recover, and sharpen mental focus.

Mon 25 – Full Simulation

710 burpees — aim <75 mins. Benchmark effort.

Tue 26 – Recovery

Walk + mobility, low intensity.

Wed 27 – Rest

Full rest, light stretching.

Thu 28 – Activation

5 rounds of 10 burpees at 60% pace (~10 mins).

Fri 29 – Challenge Day

Burpees for Bros – Movember Challenge

710 burpees (60,000kg moved) under 60 mins.

Training Philosophy

This challenge is not about motivation — it’s about discipline, control, and composure under pressure. Every session builds the capacity to stay calm when fatigue sets in. The goal is to train your mind as much as your body — to prove that resilience is earned through repetition, not inspiration.