

SPARTAN TRAINING[®]
TRAIN FOR OCR



SPARTAN FIRST-TIMER

TRAIN FOR YOUR FIRST SPARTAN
SPRINT OR STADION



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THE SPARTAN TRAINING PHILOSOPHY

WE CREATE UNBREAKABLE PEOPLE - STRONG, TOUGH,
FLEXIBLE, FUNCTIONAL, AND READY FOR ANYTHING.

SPARTAN TRAINING® IS BUILT ON UNCONVENTIONAL WORK. OUR TRAINING
SYSTEM, ROOTED IN 2500 YEARS OF HISTORY, IS ENGINEERED TO EXPOSE
LIMITS, DESTROY WEAKNESS AND LEAVE PERSONAL BESTS IN THE DUST.

THE CORE FOUNDATION LIES IN RUNNING, BODYWEIGHT
MOVEMENT AND FUNCTIONAL STRENGTH TRAINING, BLENDING ANCIENT SPAR-
TAN WISDOM WITH MODERN SCIENCE TO GIVE YOU UNPARALLELED RESULTS.

IT'S HARD. IT'S UNCOMFORTABLE. AND THAT'S THE POINT.

THE 4 BASICS OF A SPARTAN SPRINT TRAINING PLAN

YOUR FIRST STEP IS COMPLETE - YOU'VE COMMITTED TO YOUR FIRST SPARTAN SPRINT. NOW YOU NEED A SPARTAN SPRINT TRAINING PLAN TO PREPARE FOR THE 5K, 20-OBSTACLE RACE. (AND IF YOU HAVEN'T COMMITTED YET, WHAT ARE YOU WAITING FOR?)

1

BUILD A SOLID RUNNING BASE

SINCE A SPRINT IS THE SHORTEST OF SPARTAN RACES, YOU WON'T NEED TO LOG LOADS OF MILES, BUT YOU DON'T WANT TO GO IN WITHOUT HAVING A BASE OF RUNNING ENDURANCE, SAYS SPARTAN MASTER COACH TREVOR FRANKLIN. HE SUGGESTS WORKING TWO TO THREE RUNS INTO YOUR SPARTAN SPRINT TRAINING PLAN PER WEEK (DEPENDING ON YOUR FITNESS LEVEL), ANYWHERE BETWEEN TWO TO THREE MILES.

TWO OF THOSE RUNS SHOULD BE FOCUSED ON RUNNING ITSELF AND CONTROLLING YOUR HEART RATE. THE THIRD RUN OF THE WEEK COULD INCLUDE A MIX OF EXERCISE LIKE PULL-UPS, PUSH-UPS, AND BURPEES TO BETTER SIMULATE THE ACTUAL RACE, HE ADDS.



2

IMPROVE YOUR GRIP STRENGTH

THERE IS A LOT OF PULLING IN A SPARTAN RACE, REGARDLESS OF THE DISTANCE. THAT MEANS YOUR FOREARMS, BICEPS, AND BACK NEED STRENGTH AND ENDURANCE. COACH TREVOR RECOMMENDS STRENGTH TRAINING TWO TO THREE DAYS PER WEEK.

“A SAMPLE SCHEDULE COULD BE UPPER PULL, UPPER PUSH, AND LOWER, AND ON THE UPPER PULL AND LOWER DAYS YOU SHOULD WORK IN PULL-UPS, DEAD HANGS, AND FARMER CARRIES,” HE SAYS.



3

PRACTICE OTHER FUNCTIONAL MOVEMENTS

ASIDE FROM NEEDING A LOT OF GRIP AND PULLING STRENGTH, YOU'LL BE DOING A LOT OF CRAWLING AND CLIMBING UNDER, OVER, AND AROUND AWKWARD AND CHALLENGING OBSTACLES. COACH TREVOR'S RECOMMENDATION IS TO ALSO PRACTICE THINGS LIKE BEAR CRAWLS FOR OBSTACLES LIKE THE BARBED WIRE CRAWL AND DIPS FOR GETTING OVER WALLS.

“DON'T FORGET TO ADD THINGS LIKE T-SPINE ROTATIONS TO YOUR SPARTAN SPRINT TRAINING PLAN TO IMPROVE YOUR THORACIC MOBILITY AND PREVENT INJURY,” HE ADDS.



4 SET YOUR GOALS BEFORE RACE DAY

WHEN COACH TREVOR WAS TRAINING FOR HIS FIRST SPARTAN RACE, HE ADDED 10 MINUTES TO HIS OVERALL 5K TIME AS A GOLD MEDAL, THEN WENT DOWN FROM THERE.

“THINK OF YOUR BEST 5K TIME YOU’VE RAN, THEN GET A BRONZE, SILVER, AND GOLD MEDAL GOAL FOR YOURSELF TIME WISE THAT YOU’D BE HAPPY WITH,” HE SAYS.

FINISHING ALONE IS A HUGE ACCOMPLISHMENT, BUT ALSO PUSHING YOURSELF TO ACHIEVE GOALS THAT YOU PERSONALLY SET CAN BE HUGE.



HOW FIRST-TIME SPARTAN RACERS CAN OUT-TRAIN THE 6 HARDEST OBSTACLES

FOR FIRST-TIME OR NOVICE OBSTACLE COURSE RACERS, NOTHING WILL EVER COMPARE TO GETTING OUT THERE AND PRACTICING ON THE ACTUAL OBSTACLES THEMSELVES. THAT'S WHERE YOU'LL TRULY LEARN THE TECHNICAL SKILLS, BODILY CONTROL, AND THE MUSCULAR DEMANDS TO GET THEM DONE. THE IDEAL SITUATION - IF YOU EVER PLAN TO GET COMPETITIVE - IS TO BE OUT THERE CONSISTENTLY DOING AS MUCH RACE SIMULATION AS POSSIBLE, BOTH LOGGING MILES ON THE TRAILS AND PERFORMING THE OBSTACLES.

HOWEVER, IF YOU'RE GOING TO JOIN AN OPEN HEAT FOR YOUR FIRST RACE, HAVEN'T RACED IN A LONG TIME, AND DON'T HAVE MUCH TIME TO TRAIN (BUT STILL WANT TO BEAT YOUR FRIENDS OR COWORKERS), HERE'S HOW TO HANDLE SIX OF THE TOUGHEST OBSTACLES ON THE COURSE.



ROPE CLIMB

CONTRARY TO WHAT YOU MIGHT THINK, THE ROPE CLIMB IS A FULL-BODY EXERCISE - NOT JUST AN UPPER-BODY ONE. WHY? THE PROS KNOW THAT TO BE AS EFFICIENT AS POSSIBLE WHILE CLIMBING, YOU SHOULD BE PRACTICING A J OR S HOOK. THESE ARE TECHNICAL SKILLS THAT INVOLVE WRAPPING YOUR FEET AROUND THE ROPE, ENABLING YOU TO SAVE YOUR ARMS WHILE LEVERAGING YOUR LEGS TO SUPPORT AND POWER YOU UP. DEFINITELY PRACTICE THE LEG HOOKS, BUT MAKE SURE THOSE ARMS AND LEGS ARE STRONG AS WELL WITH THE FOLLOWING EXERCISES.

-SQUAT

-TUCK JUMP

-DEAD HANG, PULL-UP, OR INVERTED ROW

-PULL-DOWN

-REVERSE CURLS

THE SQUATS WILL STRENGTHEN YOUR LEGS, THE TUCK JUMPS WILL ENHANCE YOUR LOWER-BODY POWER, THE DEAD HANGS, PULL-UPS, INVERTED ROWS, AND PULLDOWNS WILL IMPROVE YOUR UPPER-BODY VERTICAL PULLING STRENGTH, AND THE REVERSE CURLS WILL STRENGTHEN YOUR FOREARMS.



ATLAS STONE

THE ATLAS STONE IS A BEND AND LIFT. YOU'LL HAVE TO REALLY TURN ON ALL OF THE MUSCLES IN YOUR CORE AND USE A LOT OF YOUR LEGS TO SAVE YOUR BACK. THEN, RELY ON YOUR ARMS TO DO SOME CARRYING.

-PLANK

-SIDE PLANK

-SIT-UP OR HOLLOW HOLD

-WEIGHT FRONT-RACK CARRY

-SUMO DEADLIFT

THE PLANK, SIDE PLANK, AND SIT-UP (OR HOLLOW HOLD) WILL DEVELOP YOUR CORE STRENGTH FROM MULTIPLE ANGLES, THE WEIGHTED FRONT-RACK CARRY WILL ALSO STRENGTHEN YOUR CORE, LEGS, AND SHOULDERS. THE SUMO DEADLIFT WILL STRENGTHEN YOUR BACK, GLUTES, AND HAMSTRINGS.



OLYMPUS WALL

THE OLYMPUS WALL IS AWKWARD AS HELL. AGE GROUP WINNERS AND ELITES ALIKE SAY THAT THERE SEEMS TO BE A FEW DIFFERENT WAYS TO DO THIS ONE EFFICIENTLY. BUT EITHER WAY, YOUR LEGS, ARMS, AND GRIP WILL BE TRULY TESTED.

-ISOMETRIC SQUAT HOLD

-PLATE PINCHES

-DEAD HANG

THE ISOMETRIC SQUAT HOLD WILL SIMULATE WHAT IT WOULD BE LIKE TO PROP YOURSELF UP WITH YOUR FEET INTO THE OLYMPUS WALL, AND THE PLATE PINCHES WILL IMPROVE YOUR GRIP STRENGTH BY TAXING THE SMALL MUSCLES IN YOUR FINGERS ALONG WITH YOUR FOREARMS. SIMILARLY TO THE PLATE PINCHES, THE DEAD HANG WILL IMPROVE YOUR GRIP STRENGTH WHILE ALSO STRENGTHENING YOUR SHOULDERS AND BACK.



SANDBAG AND / OR BUCKET CARRY

THE SANDBAG AND BUCKET CARRY ARE AT ABOUT EQUAL SUCK LEVEL, DEPENDING ON WHO YOU ASK. WHILE THE ATLAS STONE IS HEAVY, IT'S A RELATIVELY QUICK CHALLENGE IN COMPARISON TO THE SLOW AND PAINFUL SLOG OF THE SANDBAG AND/OR BUCKET CARRY. AGAIN, THIS IS ANOTHER OBSTACLE WITH DIFFERENT TECHNIQUES DEPENDING ON PERSONAL PREFERENCE, BUT YOU'LL WANT TO BUILD AS MUCH STRENGTH AND MUSCULAR ENDURANCE IN YOUR LEGS AS POSSIBLE.

-SQUATS

-LUNGES

-WEIGHTED STEP-UPS

-WEIGHTED INCLINE WALK

THE SQUATS AND LUNGES WILL STRENGTHEN ALL AREAS OF YOUR LEGS WHILE THE WEIGHTED STEP UPS AND WEIGHTED INCLINE WALKS WILL SIMULATE THE MUSCULAR DEMANDS OF AN UPHILL CARRY.



BARBED WIRE CRAWL

THE BARBED WIRE CRAWL IS SNEAKILY TOUGH. HOW TOUGH CAN CRAWLING BE? WELL, VERY, ESPECIALLY WHEN YOU NEED TO STAY LOW ENOUGH NOT TO SLICE YOURSELF OPEN. (AND WHEN IT'S ANYTHING FURTHER THAN ABOUT 10 OR 15 FEET ... AND UP A HILL.)

YOUR CORE, LEGS, FOREARMS, AND SHOULDERS WILL BE BURNING LIKE HELL THE WHOLE WAY.

-BEAR CRAWL

-CRAB CRAWL

-90S STRETCH

-PIGEON POSE

-BURPEES

THE BEAR CRAWL IS A PERFECT SIMULATION OF THE BARBED WIRE CRAWL OBSTACLE. IT WILL STRENGTHEN YOUR CORE, LEGS, AND SHOULDERS. FLIPPING OVER AND CRAB CRAWLING WILL COUNTERBALANCE THE BEAR CRAWL BY STRENGTHENING THE OPPOSING MUSCLES. THIS WILL ELIMINATE ANY WEAKNESSES OR IMBALANCES. THE 90S STRETCH AND PIGEON POSE WILL IMPROVE YOUR HIP MOBILITY IN THE EVENT THAT YOU NEED TO GET EVEN LOWER TO THE GROUND AT CERTAIN POINTS. WHAT PURPOSE DO THE BURPEES SERVE? TO RACE FAST, YOU NEED TO TRAIN FAST.



THE 5-DAY FIRST-TIMER SPRINT TRAINING SCHEDULE

THE FOLLOWING ACCELERATED PROGRAM TAKES THE EXERCISES LISTED ABOVE AND COMPILES THEM INTO A FULL WEEKLY TRAINING PROGRAM THAT YOU CAN PERFORM WEEK OVER WEEK, NO MATTER WHICH RACE YOU PLAN ON TACKLING.

MONDAY

UPHILL WALK AT LOW INTENSITY

INCLINE WALK AT 12% GRADE FOR
APPROXIMATELY 15-20 MINUTES

TUESDAY

PULL AND CARRY

- **PLANK** (3 SETS X AS LONG AS POSSIBLE)
SIDE PLANK (3 SETS X AS LONG AS POSSIBLE ON EACH SIDE)
- **FARMER CARRY** (3 SETS X AS LONG AS POSSIBLE, WITH 40-70-POUND DUMBBELLS OR KETTLEBELLS)
- **PULL-UP, INVERTED ROW, OR DEAD HANG** (3 SETS X AS LONG AS POSSIBLE ON EACH SIDE)
- **PULL-DOWN** (3 SETS X 10-15 REPS)
- **REVERSE CURLS** (3 SETS X 10-15 REPS)



WEDNESDAY

TEMPO RUNS

2 MILES AT EASY AND HARDER
PACES THROUGHOUT

30-90 BURPEES

TRUEFORM
RUNNER

TRUEFORM

THURSDAY

ACTIVE RECOVERY



FRIDAY

LOWER-BODY STRENGTH

PLANK (3 SETS X AS LONG AS POSSIBLE)

SIDE PLANK (3 SETS X AS LONG AS POSSIBLE
ON EACH SIDE)

SIT-UP (3 SETS X 25 REPS) OR HOLLOW HOLD
(3 SETS X AS LONG AS POSSIBLE)

SQUATS (3 SETS X 30 SECONDS)

LUNGES (3 SETS FOR 30 SECONDS)

WEIGHTED STEP-UPS (3 SETS X 10-15 REPS)

SUMO DEADLIFT (3 SETS X 8-10 REPS)



SATURDAY

ACTIVE RECOVERY



SUNDAY

LONG RUN

5 MILES, CONSISTING OF:
2 MILE WARM UP
2 MILE TEMPO PACE
1 MILE WARM DOWN

*INCREASE MILEAGE BY 10% EACH WEEK.

WHAT TO EAT ON RACE DAY (AND WHEN TO EAT IT)

SIMPLICITY IS KEY WHEN IT COMES TO NUTRITION ON RACE DAY. DEPENDING ON YOUR START TIME, KEEP YOUR MEAL LIGHT AND FOCUS ON EASILY-DIGESTIBLE CARBOHYDRATES TO REFILL YOUR LIVER GLYCOGEN STORES. RACE DAY IS NOT THE TIME TO START MIXING THINGS UP OR TRYING SOMETHING NEW. STICK TO MEALS THAT YOU HAVE THOROUGHLY TESTED AND CONSUMED BEFORE. THIS IS A GOOD WAY TO ENSURE THAT YOU WON'T HAVE GASTROINTESTINAL UPSET WHILE RUNNING YOUR RACE.



TIMING

TIMING IS EVERYTHING WHEN IT COMES TO YOUR PRE-RACE MEAL. FOR YOUR BODY TO BE ABLE TO BREAK DOWN AND UTILIZE THE ENERGY FROM A LARGE BREAKFAST, YOU WOULD IDEALLY NEED TO CONSUME THE MEAL AT LEAST 3-4 HOURS BEFORE THE RACE. THIS IS NOT ALWAYS REALISTIC, SINCE START TIMES ARE USUALLY EARLY AND QUALITY SLEEP IS VITAL. HOWEVER, IF YOUR RACE DOESN'T START UNTIL THE AFTERNOON, THEN YOU HAVE TIME TO DIGEST A LARGER BREAKFAST.



CARBOHYDRATES AND PROTEIN

IF YOU HAVE TIME FOR A LARGER MEAL - 3-4 HOURS BEFORE THE RACE, IDEALLY - FOCUS ON CONSUMING CARBOHYDRATES AND SOME PROTEIN. YOUR CARBOHYDRATE INTAKE SHOULD BE AROUND 1-4 G/KG. EXAMPLES OF PRE-RACE MEALS INCLUDE:

OATMEAL WITH NUT/OAT/LOW-FAT MILK AND FRESH FRUIT, TOPPED WITH WALNUTS OR ALMONDS, GREEK YOGURT WITH NUTS, FRUIT, AND A PIECE OF TOAST WITH NATURAL ALMOND OR PEANUT BUTTER, AND A BANANA

AS YOU GET CLOSER TO THE RACE, SMOOTHIES CAN BE AN EASIER WAY TO GET IN EASILY-DIGESTIBLE ENERGY. NOW IS ALSO TIME TO TAKE YOUR PRE-WORKOUT SUPPLEMENT (IF IT HAS PASSED THE TOLERANCE TEST DURING YOUR TRAINING).





HYDRATION

CONTINUE HYDRATING AS SOON AS YOU WAKE UP. FOCUS ON DRINKING A CUP OR TWO OF WATER, AND THEN CONTINUE TO TAKE SIPS THROUGHOUT THE MORNING. DRINKING LARGER AMOUNTS OF WATER AT ONE TIME WILL LEAD TO MORE BATHROOM TRIPS. REMEMBER TO PACK ALONG YOUR FAVORITE ELECTROLYTES TO HELP REGULATE THE BALANCE OF FLUIDS IN THE BODY AND FACILITATE MUSCLE CONTRACTIONS.



WHAT TO WEAR ON RACE DAY

AS RACE DAY APPROACHES, YOU MIGHT BE GETTING A LITTLE NERVOUS. DO YOU HAVE EVERYTHING YOU NEED? YOU WILL NOW.

TOP SPORTS PSYCHOLOGISTS HAVE FOUND THAT WEARING GEAR THAT MAKES YOU FEEL POSITIVE AND CONNECTED TO THE SPORT YOU'RE PLAYING CAN ACTUALLY HELP IMPROVE PERFORMANCE. ONE STUDY, IN PARTICULAR, FOUND THAT WHAT YOU WEAR CAN HELP YOU ACCLIMATE, AND EVEN FEEL A STRONGER CONNECTION TO YOUR FELLOW RACERS.

GET EVERYTHING YOU NEED AT THE SPARTAN SHOP.

SPARTAN TRAINING®
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ATHLETIC APPAREL

A QUICK-DRYING TOP, SHORT, OR TIGHT THAT'S
BOTH LIGHTWEIGHT AND BREATHABLE.



SPARTAN TRAINING®
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LONG SOCKS

A PAIR OF THIN, BREATHABLE SOCKS THAT
AREN'T COTTON



SPARTAN TRAINING®
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RUNNING / TRAIL SHOES

A PAIR OF SHOES WITH GOOD DRAINAGE AND TRACTION. YOU WON'T WANT TO WEAR REGULAR RUNNERS OUT THERE.



SPARTAN TRAINING®
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SUN PROTECTION

SUNSCREEN. BURN CALORIES, NOT YOUR FACE.





SPARTAN

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