

SPARTAN

4 WEEKS WORKOUT TO GET READY
FOR YOUR SPRINT

TRAINING PLAN



SPARTAN™



A person is shown in a low, powerful starting crouch on a grey tiled floor, ready to sprint. The person is wearing a dark t-shirt and shorts. The word "SPRINT" is overlaid in large white letters across the middle of the image. A solid red horizontal bar is at the top. The Spartan logo is at the bottom center.

SPRINT



SPRINT

SPARTAN WARM UP:30 BURPEES!

WOD LEGEND

WOD TYPES

AMRAP AS MANY REPS AS POSSIBLE

IN AN AMRAP WORKOUT, YOU PERFORM A SPECIFIC MOVE AS MANY TIMES AS POSSIBLE WITHIN A DESIGNATED AMOUNT OF TIME

EMOM EVERY MINUTE ON THE MINUTE

IN AN EMOM WORKOUT, YOU PERFORM A SPECIFIC MOVE AT THE START OF EVERY MINUTE. THEN YOU REPEAT THE PATTERN A DESIGNATED NUMBER OF TIMES FOR THE DURATION OF THE ROUTINE

TABATA

IS A HIGH-INTENSITY TRAINING THAT CONSISTS OF EIGHT SETS OF FAST-PACED EXERCISES EACH PERFORMED FOR 20 SECONDS INTERSPERSED WITH A BRIEF REST OF 10 SECONDS

OBSTACLES LIST

AMERICAN SWING

USE AN OVERHAND GRIP TO HOLD THE HANDLE OF THE KETTLEBELL WITH BOTH HANDS START WITH THE KETTLEBELL HANGING DOWN BETWEEN YOUR THIGHS, WRISTS LIGHTLY TOUCHING YOUR LEGS LEAN FORWARD SLIGHTLY AT THE HIPS, THEN, USING THE STRENGTH OF YOUR LEGS, SWING THE KETTLEBELL OVERHEAD LOCK OUT YOUR ARMS FOR STABILITY. YOUR BICEPS SHOULD BE IN LINE WITH YOUR EARS EXTEND YOUR KNEES IN THE TOP PORTION OF THE SWING RELEASE, THEN SWING UP AGAIN

BACK LUNGES

STAND UPRIGHT, WITH YOUR HANDS AT YOUR HIPS. TAKE A LARGE STEP BACKWARD WITH YOUR LEFT FOOT. LOWER YOUR HIPS SO THAT YOUR RIGHT THIGH (FRONT LEG) BECOMES PARALLEL TO THE FLOOR WITH YOUR RIGHT KNEE POSITIONED DIRECTLY OVER YOUR ANKLE. YOUR LEFT KNEE SHOULD BE BENT AT A 90-DEGREE ANGLE AND POINTING TOWARD THE FLOOR WITH YOUR LEFT HEEL LIFTED. RETURN TO STANDING BY PRESSING YOUR RIGHT HEEL INTO THE FLOOR AND BRINGING YOUR LEFT LEG FORWARD TO COMPLETE ONE REP. ALTERNATE LEGS, AND STEP BACK WITH RIGHT LEG.

BICEPS CURL

STAND HOLDING A DUMBBELL IN EACH HAND WITH YOUR ARMS HANGING BY YOUR SIDES. ENSURE YOUR ELBOWS ARE CLOSE TO YOUR TORSO AND YOUR PALMS FACING FORWARD. KEEPING YOUR UPPER ARMS STATIONARY, EXHALE AS YOU CURL THE WEIGHTS UP TO SHOULDER LEVEL WHILE CONTRACTING YOUR BICEPS.

BURPEES

PLACE HANDS ON THE GROUND SHOULDER-WIDTH APART
JUMP TO PUSH-UP POSITION
LOWER CHEST AND THIGHS TO THE GROUND
JUMP FEET UP TO HANDS
JUMP VERTICALLY WITH FULL HIP AND KNEE EXTENSION
ARMS EXTEND OVERHEAD DURING THE JUMP

BOX JUMP

HIP-WIDTH STANCE
JUMP ONTO THE BOX USING A TWO-FOOT TAKE-OFF
BOTH FEET LAND ON THE BOX SIMULTANEOUSLY
KEEP THE KNEES IN LINE WITH TOES
COMPLETE AT FULL HIP AND KNEE EXTENSION
JUMP PT STEP DOWN TO BEGIN THE NEXT REPETITION

BULGARIAN SPLIT SQUAT

FIND YOURSELF A STEP, BENCH OR ANY OTHER CONTRAPTION THAT YOU CAN REST A FOOT ON, IT NEEDS TO BE ABOUT KNEE HEIGHT. GET INTO A FORWARD LUNGE POSITION WITH TORSO UPRIGHT, CORE BRACED AND HIPS SQUARE TO YOUR BODY, WITH YOUR BACK FOOT ELEVATED ON THE BENCH. YOUR LEADING LEG SHOULD BE HALF A METRE OR SO IN FRONT OF BENCH. LOWER UNTIL YOUR FRONT THIGH IS ALMOST HORIZONTAL, KEEPING YOUR KNEE IN LINE WITH YOUR FOOT. DON'T LET YOUR FRONT KNEE TRAVEL BEYOND YOUR TOES. DRIVE UP THROUGH YOUR FRONT HEEL BACK TO THE STARTING POSITION, AGAIN KEEPING YOUR MOVEMENTS MEASURED

CRUNCH

LIE DOWN ON YOUR BACK, PLANT YOUR FEET ON THE FLOOR, HIP-WIDTH APART. BEND YOUR KNEES AND PLACE YOUR ARMS ACROSS YOUR CHEST. CONTRACT YOUR ABS AND INHALE. EXHALE AND LIFT YOUR UPPER BODY, KEEPING YOUR HEAD AND NECK RELAXED. INHALE AND RETURN TO THE STARTING POSITION

DEVIL PRESS

LET THE DUMBBELLS HANG NEXT TO THE BODY
HIP HINGE LOWER THE WEIGHTS TO THE GROUND (PREFERABLY IN LINE WITH SHOULDERS)
LOWER THE BODY TO THE GROUND
PERFORM A SEMI-EXPLOSIVE TRICEPS PUSH-UP
FOLLOW THROUGH AND KICK THE LEGS IN
CONTRACT THE GLUTEUS MAXIMUS FOR A STATIC HIP HINGE
FIRM ABS
PULL THE DUMBBELLS ALL THE WAY BACK BETWEEN THE LEGS
CONTRACT THE GLUTEUS MAXIMUS AND HAMSTRINGS TO PULL THE PELVIS UP
KEEP THE SPINE RIGID
CLEAN AND RACK
PRESS
STAND UP STRAIGHT AND ACHIEVE A PROPER OVERHEAD LOCKOUT
LOWER DUMBBELLS TO HANGING NEXT TO THE BODY

GOBLET SQUAT

START WITH A LIGHT DUMBBELL AND HOLD IT VERTICALLY BY ONE END. HUG IT TIGHT AGAINST YOUR CHEST. WITH YOUR ELBOWS POINTING DOWN, LOWER YOUR BODY INTO A SQUAT. ALLOW YOUR ELBOWS TO BRUSH PAST THE INSIDES OF YOUR KNEES AS YOU DESCEND. IT'S OKAY TO PUSH YOUR KNEES OUT. RETURN TO A STANDING POSITION. YOUR UPPER BODY SHOULD HARDLY MOVE IF YOU'RE USING YOUR LEGS, HIPS, AND LOWER BACK AS A UNIT.

GRASSHOPPER

GET IN A STANDARD PUSH-UP POSITION
SWING YOUR RIGHT LEG UP IN UNDERNEATH YOU KICKING YOUR FOOT OUT
THEN SWING IT BACK AND BRING IT TO THE STARTING POSITION
THEN REPEAT ON THE OPPOSITE SIDE

JUMPING LUNGES

STARTING STANDING WITH FEET SHOULDER-WIDTH APART. JUMP YOUR LEFT LEG FORWARD AND YOUR RIGHT LEG BACK INTO A LUNGE, WITH BOTH KNEES AT 90 DEGREES. JUMP UP AND SWITCH YOUR LEGS IN MIDAIR SO THAT YOU LAND IN A LUNGE WITH YOUR RIGHT LEG IN FRONT. CONTINUE JUMPING BACK AND FORTH, PAUSING AS LITTLE AS POSSIBLE



SPRINT

SPARTAN WARM UP: 30 BURPEES!

WOD TYPES

FOR TIME

DO THE EXERCISES LISTED IN THE REP. ASSIGNED. NO TIME. COMPLETE THE SEQUENCE IN THE TIME YOU NEED.

PYRAMIDAL

THE SEQUENCE OF THE EXERCISE REMAINS THE SAME. THE NUMBER OF REPETITIONS INCREASE OR DECREASE ACCORDING TO THE EFFORTS REQUESTED.

ABS

THE SEQUENCE FOCUSED ON THE ABDOMINAL.

OBSTACLES LIST

JUMPING JACK

STAND UPRIGHT WITH YOUR LEGS TOGETHER, ARMS AT YOUR SIDES. BEND YOUR KNEES SLIGHTLY, AND JUMP INTO THE AIR. AS YOU JUMP, SPREAD YOUR LEGS TO BE ABOUT SHOULDER-WIDTH APART. STRETCH YOUR ARMS OUT AND OVER YOUR HEAD. JUMP BACK TO STARTING POSITION. REPEAT.

KNEE UP

SKIP FORWARD, LIFTING YOUR LEAD KNEE TO WAIST HEIGHT WHILE KEEPING YOUR BACK LEG STRAIGHT AS YOU COME OFF YOUR TOE. CONTINUE MOVING FORWARD IN THIS MANNER—ALTERNATING LEGS—OR STRIKING THE GROUND WITH YOUR MIDFOOT OR FOREFOOT WHILE SWINGING YOUR OPPOSITE ARM IN UNISON WITH YOUR LEAD LEG.

MILITARY PRESS

WIDEST STANCE, DUMBBELLS REST ON SHOULDERS, ELBOWS SLIGHTLY IN FRONT OF THE BODY, DUMBBELLS MOVE OVER THE MIDDLE OF THE FOOT, TORSO AND LEG REMAIN STATIC, HEELS DOWN. SHOULDER PUSH UP INTO THE DUMBBELLS, COMPLETE AT FULL ARM EXTENSION

HIP-

MOUNTAIN CLIMBER

GET INTO A PLANK POSITION MAKING SURE TO DISTRIBUTE YOUR WEIGHT EVENLY BETWEEN YOUR HANDS AND YOUR TOES. CHECK YOUR FORM—YOUR HANDS SHOULD BE ABOUT SHOULDER-WIDTH APART, BACK FLAT, ABS ENGAGED, AND HEAD IN ALIGNMENT. PULL YOUR RIGHT KNEE INTO YOUR CHEST AS FAR AS YOU CAN. THEN SWITCH, PULLING THAT KNEE OUT AND BRINGING THE OTHER KNEE IN. KEEPING YOUR HIPS DOWN, RUN YOUR KNEES IN AND OUT AS FAR AND AS FAST AS YOU CAN. ALTERNATE INHALING AND EXHALING WITH EACH LEG CHANGE

PLANK

PLANT HANDS DIRECTLY UNDER SHOULDERS (SLIGHTLY WIDER THAN SHOULDER WIDTH) LIKE YOU'RE ABOUT TO DO A PUSH UP. GROUND TOES INTO THE FLOOR AND SQUEEZE GLUTES TO STABILIZE YOUR BODY. YOUR LEGS SHOULD BE WORKING, TOO — BE CAREFUL NOT TO LOCK OR HYPEREXTEND YOUR KNEES. NEUTRALIZE YOUR NECK AND SPINE BY LOOKING AT A SPOT ON THE FLOOR ABOUT A FOOT BEYOND YOUR HANDS. YOUR HEAD SHOULD BE IN LINE WITH YOUR BACK.

PISTOL SQUAT

BALANCE ON ONE LEG WITH THE NONWORKING LEG IN FRONT OF THE BODY. STANDING LEG HIP DESCENDS BACK AND DOWN. STANDING LEG HIP DESCENDS LOWER THAN KNEE. STANDING LEG KNEE STAYS IN LINE WITH TOES. STANDING LEG HEEL STAYS DOWN. NONWORKING LEG DOES NOT TOUCH THE GROUND. COMPLETE AT FULL HIP AND KNEE EXTENSION OF STANDING LEG. KEEP THE CHEST UP AS MUCH AS POSSIBLE

PULSE LUNGES

STAND WITH FEET TOGETHER. TAKE A LARGE STEP BACKWARD TO GET INTO A LUNGES POSITION. LOWER YOUR BACK KNEE SO IT'S JUST BARELY TOUCHING THE GROUND. LIFT UP TO FLEX YOUR BUTT MUSCLES THEN LOWER DOWN AGAIN. PULSE UP AND DOWN FOR GIVEN NUMBER OF REPS THEN SWITCH SIDES

PUSH UP

HANDS APPROXIMATELY SHOULDER-WIDTH APART. LEGS TOGETHER WITH ONLY THE BALLS OF THE FEET ON THE GROUND. START WITH ARMS EXTENDED. BODY REMAINS RIGID. LOWER CHEST AND THIGHS TO THE GROUND. ELBOWS IN CLOSE TO THE BODY. COMPLETE AT FULL ARM EXTENSION

RENEGADE ROW

PLACE TWO DUMBBELLS OR KETTLEBELLS ABOUT SHOULDER-WIDTH APART ON THE FLOOR AND ASSUME A PUSH-UP POSITION WITH HANDS ON THE HANDLES. PUSH HARD INTO THE GROUND WITH ONE HAND (KEEPING ELBOW LOCKED) WHILE SIMULTANEOUSLY PULLING THE WEIGHT TO YOUR WAIST WITH THE OTHER HAND.

RUSSIAN SWING

BEGIN BY HOLDING THE KETTLEBELL WITH BOTH HANDS JUST BELOW THE GROIN, FEET HIP-WIDTH APART. BE SURE YOUR SPINE IS NEUTRAL, NOT ROUNDED FORWARD, AND YOUR CORE IS ENGAGED. THINK ABOUT KEEPING YOUR SHOULDER BLADES SLIGHTLY PINCHED TOGETHER TO AVOID ROUNDING FORWARD. NOW BEND YOUR KNEES SLIGHTLY, HINGE UPWARD, AND PUSH THE KETTLEBELL INTO A SWING USING THE FORCE OF YOUR HIPS AND GLUTES. SWING THE KETTLEBELL TO CHEST LEVEL, AVOIDING LETTING YOUR SHOULDERS "CREEP UP" TO YOUR EARS. LET THE KETTLEBELL SWING BACK TO YOUR STARTING POSITION BY HINGING AGAIN AT THE HIPS, EXTENDING THE KETTLEBELL BEHIND YOU. REPEAT..

RUSSIAN TWIST

SIT ON YOUR SIT BONES AS YOU LIFT YOUR FEET FROM THE FLOOR, KEEPING YOUR KNEES BENT. ELONGATE AND STRAIGHTEN YOUR SPINE AT A 45-DEGREE ANGLE FROM THE FLOOR, CREATING A V SHAPE WITH YOUR TORSO AND THIGHS. REACH YOUR ARMS STRAIGHT OUT IN FRONT, INTERLACING YOUR FINGERS OR CLASPING YOUR HANDS TOGETHER. USE YOUR ABDOMINALS TO TWIST TO THE RIGHT, THEN BACK TO CENTER, AND THEN TO THE LEFT.



WOD LEGEND

SPRINT

SPARTAN WARM UP:30 BURPEES!

OBSTACLES LIST

SIDE SQUAT

START STANDING WITH FEET HIP DISTANCE APART AND SIT BACK INTO A SQUAT POSITION BY BENDING THE KNEES.KEEP YOUR ABS TIGHT AND BACK STRAIGHT. STEP WIDE TO ONE SIDE STAYING IN YOUR SQUAT POSITION, GO BACK TO YOUR STARTING POSITION, AND THEN SIDE SQUAT WIDE IN THE OTHER DIRECTION USING ALL YOUR LOWER BODY MUSCLES THEN BACK TO CENTER. CONTINUE SQUATTING SIDE TO SIDE STAYING LOW THROUGHOUT

SIT UP

SOLES OF THE FEET TOGETHER
HANDS TOUCH THE GROUND AT THE BEGINNING
FLEX THE ABDOMINALS PULLING THE TORSO TO SEATED
REACH THE ARMS FORWARD DURING THE ASCENT
COMPLETE WITH THE SHOULDERS ABOVE HIPS AND SPINE EXTENDED.

SKATER JUMP

START STANDING WITH YOUR LEGS HIP-WIDTH APART.AS YOU EXHALE, SIMULTANEOUSLY SWING YOUR ARMS OUT AND LEAP OVER TO THE OPPOSITE SIDE. SHIFT YOUR WEIGHT AND LAND WITH THE OPPOSITE LEG BEHIND YOU.REPEAT THIS SIDE-TO-SIDE MOTION, TRANSFERRING YOUR WEIGHT EACH TIME

SKI JUMPING JACK

TO DO THE SKIER JUMPING JACK, START STANDING WITH YOUR FEET TOGETHER AND YOUR ARMS DOWN BY YOUR SIDES. THEN JUMP ONE FOOT FORWARD AND THE OTHER FOOT BACK AS YOU SWING THE OPPOSITE ARM UP AND FORWARD AND THE OTHER HAND BACK AND DOWN TOWARD THE GROUND.

SQUAT

SHOULDER-

WIDTH STANCE KNEES IN LINE WITH TOES LUMBAR CURVE MAINTAINED

HIPS DESCEND BACK AND DOWN
HIPS DESCEND LOWER THAN KNEES
HEELS DOWN
COMPLETE A FULL HIP AND KNEE EXTENSION

SQUAT JUMP

STAND WITH YOUR FEET SHOULDER-WIDTH APART. START BY DOING A REGULAR SQUAT, ENGAGE YOUR CORE, AND JUMP UP EXPLOSIVELY. WHEN YOU LAND, LOWER YOUR BODY BACK INTO THE SQUAT POSITION TO COMPLETE ONE REP. MAKE SURE YOU LAND WITH YOUR ENTIRE FOOT ON THE GROUND.

SINGLE UNDER

HOLD HANDS SLIGHTLY IN FRONT OF HIPS. JUMP A FEW INCHES OFF THE GROUND KEEPING TORSO UPRIGHT WITH BODY STRAIGHT. SPIN WRISTS SO THE ROPE PASSES THE FEET ONCE WITH EVERY JUMP

SNATCH

STAND WITH YOUR FEET SHOULDER-WIDTH APART, HOLDING A DUMBBELL IN AN OVERHAND GRIP. SIT YOUR HIPS BACK AND LOWER INTO A SQUAT, LETTING THE DUMBBELL HANG DOWN TO TOUCH THE FLOOR DIRECTLY BENEATH YOUR CHEST. YOUR BACK SHOULD BE STRAIGHT AND YOU SHOULD KEEP YOUR CHEST AND HEAD UP. RETURN TO STANDING AND LIFT THE DUMBBELL EXPLOSIVELY USING YOUR LEGS AND BACK. ONCE IT REACHES THE LEVEL OF YOUR HIPS, START PULLING THE DUMBBELL UP WITH YOUR ARM, USING THE MOMENTUM CREATED BY YOUR LEGS. AS THE DUMBBELL REACHES SHOULDER HEIGHT, QUICKLY FLIP YOUR ELBOW UNDERNEATH THE WEIGHT AND PRESS IT OVERHEAD, LOCKING OUT YOUR ELBOW.REVERSE THE MOVEMENT TO RETURN TO THE START, MOVING MORE SLOWLY THAN IN THE EXPLOSIVE LIFTING PHASE. DO ALL YOUR REPS ON ONE SIDE, THEN SWITCH.

STEP UP

PLACE A BENCH OR A BOX IN FRONT OF YOU AND STEP ONTO IT WITH ONE FOOT. AS YOU PLANT YOUR FOOT, DRIVE WITH YOUR OTHER FOOT BRINGING YOUR KNEE UP AS HIGH AS YOU CAN. LOWER IT BACK DOWN AND STEPBACK ONTO THE FLOOR. REPEAT ON THE OTHER SIDE

TABLE PULL UP

SQUEEZE YOUR ELBOWS IN CLOSE TO YOUR BODY.THE EDGE OF THE TABLE SHOULD LINE UP TO THE MIDDLE OF YOUR CHEST. YOUR SHOULDER BLADES SHOULD COME TOGETHER AT THE TOP OF THE EXERCISE. LIFT YOUR HIPS INTO LINE WITH YOUR KNEES AND SHOULDERS AS YOU PULL YOURSELF UP. USE YOUR FULL RANGE OF MOVEMENT.

THRUSTER

SHOULDER-WIDTH STANCE
DUMBBELLS REST ON THE SHOULDERS WITH ELBOWS SLIGHTLY IN FRONT OF THE BODY
HIPS DESCEND BACK AND DOWN
LUMBAR CURVE MAINTAINED
KNEES IN LINE WITH TOES
HIPS DESCEND LOWER THAN THE KNEES
HEELS DOWN UNTIL HIPS AND LEGS EXTEND
HIPS AND LEGS EXTEND RAPIDLY, THEN PRESS
DUMBBELLS REMAIN OVER THE MIDDLE OF THE FOOT
COMPLETE AT FULL HIP, KNEE, AND ARM EXTENSION

TRICEPS DIPS

SLIDE YOUR BUTT OFF THE FRONT OF THE BENCH WITH YOUR LEGS EXTENDED OUT IN FRONT OF YOU. STRAIGHTEN YOUR ARMS, KEEPING A LITTLE BEND IN YOUR ELBOWS TO KEEP TENSION ON YOUR TRICEPS AND OFF YOUR ELBOW JOINTS. SLOWLY BEND YOUR ELBOWS TO LOWER YOUR BODY TOWARD THE FLOOR UNTIL YOUR ELBOWS ARE AT ABOUT A 90-DEGREE ANGLE

V UP

START IN A PRONE POSITION WITH YOUR ARM EXTENDED OVERHEAD PRESS YOUR LEG TOGETHER. CONTRACT THE ABDOMINALS AND REACH FOR THE TOES WHILE RAISING THE LEG. MAINTAIN HIP, LEG AND ARM EXTENSION. COMPLETE WITH THE HANDS TOUCHING THE FEET



TRAINING PLAN - SPRINT

WEEK 1

**SPARTAN WARM UP: BURPEES!
5 TO 30 FROM DAY 1 TO DAY 6!**

SPARTAN WARM UP: 30 BURPEES!

M

AMRAP 20'

10 PUSH UPS
10 SQUAT
20 MOUNTAIN
CLIMBER

T

2 ROUND AMRAP: 8' (2' REST)

24 DOUBLE PULSE
LUNGES (12 X SIDE)
50 MOUNTAIN
CLIMBERS
24 JUMPING LUNGES

W

AMRAP 15'

10 BURPEES
20 SQUAT
10 SIT UP
20 MOUNTAIN
CLIMBER
10 BACK LUNGES

T

FOR TIME

100 JUMPING JACK
80 BACK LUNGES
60 MOUNTAIN
CLIMBER
40 SIT UPS
20 JUMPING LUNGES
10 PUSH UPS
20 JUMPING LUNGES
40 SIT UPS
60 MOUNTAIN
CLIMBER
80 BACK LUNGES
100 JUMPING JACK

F

3 ROUND (1' REST)

1' KNEE UP
1' CRUNCH
1' SQUAT
1' PLANK
1' PUSH UPS
1' SIT UPS

S

30' RUN

S

TIME TO REST!



TRAINING PLAN - SPRINT

**SPARTAN WARM UP: BURPEES!
5 TO 30 FROM DAY 1 TO DAY 6!**

WEEK 2

SPARTAN WARM UP: 30 BURPEES!

M

AMRAP 20'

10 TRICEPS DIPS
20 BACK LUNGES
40 GRASSHOPPERS

T

2 ROUND AMRAP: 8' (2' REST)

10 THRUSTER
10 AMERICAN SWING
20 DB SNATCH
20 SIT UPS

W

AMRAP 15'

10 DEVIL PRESS
20 JUMPING LUNGES
10 BURPEES
20 JUMPING LUNGES
10 DEVIL PRESS
20 JUMPING LUNGES

T

FOR TIME

100 KNEE UP
80 SQUATS
60 JUMPING JACK
40" PLANK
20 PUSH UPS
10 BURPEES
20 PUSH UP
40" PLANK
60 JUMPING JACK
80 SQUATS
100 KNEE UP

F

3 ROUND (1' REST)

1' PUSH UP
1' PLANK
1' B. LUNGES
1' BURPEES
1' RUSSIAN TWIST
1' JUMPING LUNGES

S

30' RUN

S

TIME TO REST!



TRAINING PLAN - SPRINT

WEEK 3

SPARTAN WARM UP: BURPEES! 5 TO 30 FROM DAY 1 TO DAY 6!

SPARTAN WARM UP: 30 BURPEES!

M

AMRAP 20'

10 TABLE PULL UPS
20 BULGARIAN SQUAT
40 JUMPING LUNGES

T

2 ROUND AMRAP: 8' (2' REST)

10 DEVIL PRESS
10 RUSSIAN SWING
20 PULSE LUNGES
20 V UPS

W

AMRAP 15'

10 PISTOL SQUAT
20 KNEE UP
10 SIT UP
20 KNEE UP
10 SIDE SQUAT
20 KNEE UP

T

FOR TIME

100 SKIER JUMPING JACK
80 PULSE LUNGES
60 SINGLE UNDER
40 RUSSIAN TWIST
20 V UPS
10 MILITARY PRESS
20 V UPS
40 RUSSIAN TWIST
60 SINGLE UNDER
80 PULSE LUNGES
100 SKIER JUMPING JACK

F

3 ROUND (1' REST)

1' TRICEPS DIPS
1' SIT UP
1' GOBLET SQUAT
1' SKATER JUMP
1' DEVIL PRESS
1' RENEGADE ROW
1' BICEPS CURL

S

30' RUN

S

TIME TO REST!



TRAINING PLAN - SPRINT

WEEK 4

**SPARTAN WARM UP: BURPEES!
5 TO 30 FROM DAY 1 TO DAY 5!**

SPARTAN WARM UP: 30 BURPEES!

M

**3 ROUND
(1' REST)**

30 SKIER JUMPING JACK
30 SIT UPS
30 JUMPING JACK
15 TABLE PULL UPS

T

AMRAP 20'

18 PUSH UP
12 V UPS
24 STEP UP

W

3 ROUND (1' REST)

30 SKATER JUMP
30 CRUNCH
30 GRASSHOPPERS
15 PUSH UPS

T

AMRAP 20'

8 DEVIL PRESS
12 BOX JUMP
24 SIT UP

F

3 ROUND

30 SQUAT JUMP
30 SIT UPS
30 MOUNTAIN CLIMBER
15 BURPEES

S

RACE TIME!

S



AROO!

