



WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	<p>10 min brisk walk</p> <p>1 min jog 3 min walk [repeat all 5 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Dynamic Warm-up</p> <p>5 push-ups 30 sec plank 15 squats 5 deep lunges 3 deep lunges to right and left sides 30 sec bear crawl hold [repeat all 3 times]</p> <p>Finish with Mobility 2 Exercises</p>	<p>10 min brisk walk 2 min jog 1 min walk [repeat all 3 times]</p> <p>50 yd sandbag carry 10 squats 10 sandbag deadlifts 1 min rest [repeat all 3 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Recovery - Research how to properly perform the bear crawl, crab crawl, deadlift, lateral lunge and any other exercises that are unfamiliar to you in this plan.</p>	<p>10 min brisk walk 1 min jog 3 min walk [repeat 5 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Dynamic Warm-up</p> <p>5 push-ups 30 sec plank 15 squats 5 deep lunges 3 deep lateral lunges, each side 30 sec bear crawl hold [repeat all 3 times]</p> <p>Finish with Mobility 2 Exercises</p>	<p>Recovery - Buy the ingredients for your 15-lb sandbag and build it.</p> <p>[See Page 2]</p>
2	<p>10 min brisk walk</p> <p>2 min jog 3 min walk [repeat all 4 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Dynamic Warm-up</p> <p>5 push-ups 30 sec plank 15 squats 5 deep lunges 3 deep lunges to each side 30 sec bear crawl hold [repeat all 4 times]</p> <p>Finish with Mobility 2 Exercises</p>	<p>10 min brisk walk 2 min jog 1 min walk [repeat all 3 times]</p> <p>50 yd sandbag carry 10 squats 10 sandbag deadlifts 1 min rest [repeat all 3 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Recovery - Read the training content at: <a href="https://www.spartan.com/en/training/how-to-train/spartan-sprint-training-plan">https://www.spartan.com/en/training/how-to-train/spartan-sprint-training-plan</a></p>	<p>10 min brisk walk 2 min jog 3 min walk [repeat 4 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Dynamic Warm-up</p> <p>5 push-ups 30 sec plank 15 squats 5 deep lunges 3 deep lateral lunges, each side 30 sec bear crawl hold [repeat all 4 times]</p> <p>Finish with Mobility 2 Exercises</p>	<p>Recovery - Start a journal to track your activity. Keep track of how you felt before, during, and after your exercise.</p> <p>What barriers did you encounter? What will you do the next time you encounter those barriers?</p>
3	<p>10 min brisk walk</p> <p>3 min jog 2 min walk [repeat all 4 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Dynamic Warm-up</p> <p>7 push-ups 40 sec plank 20 squats 7 deep lunges 5 deep lunges to each side 10 yd bear crawl hold 10 yd crab walk [repeat all 3 times]</p> <p>Finish with Mobility 2 Exercises</p>	<p>10 min brisk walk</p> <p>2 min jog 1 min walk [repeat all 3 times]</p> <p>50 yd sandbag carry 10 sandbag squats 10 sandbag deadlifts 1 min rest [repeat all 3 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Recovery – Research the health benefits of meditation.</p>	<p>10 min brisk walk</p> <p>3 min jog 2 min walk [repeat 4 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Dynamic Warm-up</p> <p>7 push-ups 40 sec plank 20 squats 7 deep lunges 5 deep lunges, each side 10 yd bear crawl 10 yd crab walk [repeat all 3 times]</p> <p>Finish with Mobility 2</p>	<p>Recovery – Write your own health vision statement. Why is your health and fitness important to you? Where do you want to be in 3 months, 6 months, 1 year?</p>



# COUCH TO SPRINT TRAINING PLAN

POWERED BY:  
**SPARTANSGX**  
OFFICIAL TRAINING OF SPARTAN RACE

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
4	<p>10 min brisk walk</p> <p>4 min jog 2 min walk [repeat all 5 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Dynamic Warm-up</p> <p>7 push-ups 40 sec plank 20 squats 7 deep lunges 5 deep lunges, each side 10 yd bear crawl 10 yd crab walk [repeat all 4 times]</p> <p>Finish with Mobility 2 Exercises</p>	<p>10 min brisk walk</p> <p>2 min jog 1 min walk [repeat all 3 times]</p> <p>50 yd sandbag carry 10 sandbag squats 10 sandbag deadlifts 1 min rest [repeat all 4 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Recovery – Read Spartan Up! By Spartan Race Founder Joe De Sena</p>	<p>10 min brisk walk</p> <p>4 min jog 2 min walk [repeat 5 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Dynamic Warm-up</p> <p>7 push-ups 40 sec plank 20 squats 7 deep lunges 5 deep lunges, each side 10 yd bear crawl 10 yd crab walk [repeat all 4 times]</p> <p>Finish with Mobility 2 Exercises</p>	<p>Recovery – Research the health benefits of high-intensity training.</p>
5	<p>10 min brisk walk</p> <p>5 min jog 2 min walk [repeat all 5 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Dynamic Warm-up</p> <p>10 push-ups 60 sec plank 25 squats 10 deep lunges 7 deep lunges, each side 20 yd bear crawl 20 yd crab walk [repeat all 4 times]</p> <p>Finish with Mobility 2 Exercises</p>	<p>10 min brisk walk 2 min jog 1 min walk [repeat all 3 times]</p> <p>50 yd sandbag carry 10 sandbag squats 10 sandbag deadlifts 1 min rest [repeat all 5 times]</p> <p>Finish with Mobility 1 Exercises</p>	<p>Run your Spartan Sprint!</p> <p>Find a race near you: <a href="http://www.spartanrace.hk/en/race/find-race">http://www.spartanrace.hk/en/race/find-race</a></p>			

## HOW TO MAKE A 15-POUND SAND BAG

### Equipment:

15 pounds of sand, 2-3 contractor or heavy-duty trash bags, duct tape

Put 15 pounds of sand into one of the trash bags. Let the sand settle into one of the corners. Fold the trash bag in half the long way and then roll the bag up from the bottom to the top pushing the air out as you roll. Seal the top of the bag with duct tape and wrap 4-5 strips of tape around the entire bag. Put the sand bag inside a second bag and repeat the procedure. A tighter roll will make the bag for stable and easier to handle. If you desire a more dynamic and stable sand bag, roll it a little bit looser. Add a third bag for greater durability.





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## DYNAMIC WARM-UPS

Warm-ups are not a race or a competition. They should focus on controlled movements through the full range of motion. Take very little rest between the movements. By the end of the warm-up, you should feel slightly fatigued and you should have broken a sweat.

- Five minutes: easy jog
- 10 reps of each of the following:
- Head turns, right and left
- Shoulder shrugs (up, back, down, forward and up, forward, down, back)
- Arm circles, front and back (start small building up to large swings)
- Back slaps
- Standing back bends
- Lateral side bends
- Standing leg swings from the hip (front and back, side to side)
- Ankle circles, right and left
- Partial squat
- Partial lunge

## MOBILITY 1 EXERCISES

### Hamstring Stretch

Stand with your legs wider than shoulder-width apart. Lower yourself into a squat position and grab your toes. Slowly straighten out the legs until you feel tension in the hamstrings. Hold for 10 seconds. Drop your hips back into the squat position and stand back up. Repeat 10 times.

### Glute Stretch

Lie on your back with your feet flat and knees bent.

one knee up toward your chest, bringing the foot across to the outside of the opposite leg. and then grab the thigh of the “down leg” and pull it toward the chest until you feel tension in the opposite hip. Repeat three times on each side.

### Spiderman Stretch

Get into a forward lunge position. Keep the back leg straight and the forward leg bent at a 90-degree angle so the knee is over the middle of the foot. Lower your hips into a deep lunge position. Start by placing both hands on the ground by the forward foot. As your mobility improves, try to bring the same elbow as the forward leg to the instep of the foot (that is, if the right leg is forward, bring the right elbow to the instep of the foot). Hold for 30 seconds and then switch sides.

### Quads and Ankle Stretch

Kneel on the floor with your legs and feet together. The foot should lie as flat as possible so that the top of the foot is touching or nearly touching the floor. Lean backwards, lower your buttocks to your heels and place your hands on the floor. Use your arms to take your weight so as not to place too much stress on the knees. Hold for 30 seconds.

### Scapular Wall Slides

Stand upright a few inches away from a wall with your back against it. Raise your hands to shoulder height and bend your elbows at a 90-degree angle. Face your palms away from the wall. Squeeze your shoulder blades together and slide your hands up the wall to a straight arm position. Try to keep the elbow in contact with the wall. Repeat three times.

### The Frog

Begin by kneeling on a mat or soft surface. Spread your

knees out wide and keep hips back. Keep the spine neutral and abdominals tight. Inhale deeply through the nose and exhale through the mouth with pursed lips. Hold for 30 seconds.

## MOBILITY 2 EXERCISES

### Warrior Pose

Get into the lunge position, with the rear foot turned out. Drop the hips until the forward thigh is parallel to the ground and extend the arms directly overhead with the hands together. Keep the chest high up and the head facing forward. Hold for 30 seconds and then switch sides. Repeat three times.

### Triangle Pose

In the warrior pose, straighten both legs with the front foot pointing forward and back foot pointing out. Reach down the forward leg as far as possible with the same arm, ideally touching the ankle. Reach up with the opposite arm so that both arms make a straight, vertical line (one reaching toward the ground the other toward the sky). Hold for 15 seconds and then switch sides. Repeat three times.

### Unilateral Hip Flex

Stand with arms overhead or out to the side. Extend one leg back and bend at your hips to lower your torso until your torso is parallel to the floor. Hold the pose and reach forward and backward with your arms and leg, respectively, as if you were trying to make yourself longer. Breathe deeply to make your body longer and lighter. Hold for 15 seconds and then switch sides. Repeat three times.



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週	第一天	第二天	第三天	第四天	第五天	第六天	第七天
1	<p>10 分鐘快步走</p> <p>1 分鐘慢跑 3 分鐘快步走 重複 5 次</p> <p>完成訓練 1</p>	<p>熱身運動</p> <p>5 個掌上壓 30 秒平板支撐 15 個深蹲 5 個弓步蹲 3 個向左和向右的弓步蹲 30 秒靜止熊爬 重複 3 次</p> <p>完成訓練 2</p>	<p>10 分鐘快步走</p> <p>2 分鐘慢跑 1 分鐘快步走 重複 3 次</p> <p>(尋找 7kg 的重物, 例如石頭或木塊) 用肩膀抬重物走約 45 米 拿重物做 10 個深蹲 拿重物做 10 個硬舉 (腿部) 1 分鐘休息 重複 3 次 完成訓練 1</p>	<p>休息: 向專業人士了解熊爬、蟹爬、硬舉、側弓步蹲和其他您不熟悉的動作的正確姿勢</p>	<p>10 分鐘快步走</p> <p>1 分鐘慢跑 3 分鐘快步走 重複 5 次</p> <p>完成訓練 1</p>	<p>熱身運動</p> <p>5 個掌上壓 30 秒平板支撐 15 個深蹲 5 個弓步蹲 3 個向左和向右的弓步蹲 30 秒靜止熊爬 重複 3 次</p> <p>完成訓練 2</p>	<p>休息: 讓我們一齊整一個 7kg 的沙包啦!</p>
2	<p>10 分鐘快步走</p> <p>2 分鐘慢跑 3 分鐘快步走 重複 4 次</p> <p>完成訓練 1</p>	<p>熱身運動</p> <p>5 個掌上壓 30 秒平板支撐 15 個深蹲 5 個弓步蹲 3 個向左和向右的弓步蹲 30 秒靜止熊爬 重複 4 次 完成訓練 2</p>	<p>10 分鐘快步走</p> <p>2 分鐘慢跑 1 分鐘快步走 重複 3 次</p> <p>肩膀 7kg 沙包走約 45 米 拿重物做 10 個深蹲 拿重物做 10 個硬舉 (腿部) 1 分鐘休息 重複 3 次 完成訓練 1</p>	<p>休息: 閱讀斯巴達障礙賽的訓練內容來豐富您訓練和健康的知識 <a href="https://www.spartan.com/en/training/how-to-train/spartan-sprint-training-plan">https://www.spartan.com/en/training/how-to-train/spartan-sprint-training-plan</a></p>	<p>10 分鐘快步走</p> <p>2 分鐘慢跑 3 分鐘快步走 重複 4 次</p> <p>完成訓練 1</p>	<p>熱身運動</p> <p>5 個掌上壓 30 秒平板支撐 15 個深蹲 5 個弓步蹲 3 個向左和向右的弓步蹲 30 秒靜止熊爬 重複 4 次 完成訓練 2</p>	<p>休息: 記錄是很重要! 您可以記錄您訓練前、訓練中、訓練後身體的狀態。若您遇到困難, 你要定下目標克服困難!</p>
3	<p>10 分鐘快步走</p> <p>3 分鐘慢跑 2 分鐘快步走 重複 4 次</p> <p>完成訓練 1</p>	<p>熱身運動</p> <p>7 個掌上壓 40 秒平板支撐 20 個深蹲 7 個弓步蹲 5 個向左和向右的弓步蹲 3 米熊爬 3 米螃蟹爬 重複 3 次</p> <p>完成訓練 2</p>	<p>10 分鐘快步走</p> <p>2 分鐘慢跑 1 分鐘快走 重複 3 次</p> <p>肩膀 7kg 沙包走約 45 米 拿重物做 10 個深蹲 拿重物做 10 個硬舉 (腿部) 1 分鐘休息 重複 3 次 完成訓練 1</p>	<p>休息: 有試過冥想嗎? 不如了解一下冥想對身體的好處。</p>	<p>10 分鐘快步走</p> <p>3 分鐘慢跑 2 分鐘快步走 重複 4 次</p> <p>完成訓練 1</p>	<p>熱身運動</p> <p>7 個伏地挺身 40 秒平板支撐 20 個深蹲 7 個弓步蹲 5 個向左和向右的弓步蹲 3 米熊爬 3 米螃蟹爬 重複 3 次</p> <p>完成訓練 2</p>	<p>休息: 寫下您對健康的定義。為什麼您的健康對您很重要? 您未來三個月、半年、一年想達到什麼樣的狀態?</p>



# COUCH TO SPRINT

## 訓練計畫

POWERED BY:

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週	第一天	第二天	第三天	第四天	第五天	第六天	第七天
4	10 分鐘快步走 4 分鐘慢跑 2 分鐘快步走 重複 5 次 完成訓練 1	熱身運動 7 個掌上壓 40 秒平板支撐 20 個深蹲 7 個弓步蹲 5 個向左和向右的弓步蹲 3 米熊爬 3 米螃蟹爬 重複 4 次 完成訓練 2	10 分鐘快步走 2 分鐘慢跑 1 分鐘快走 重複 3 次 肩膀 7kg 沙包走約 45 米 拿重物做 10 個深蹲 拿重物做 10 個硬舉 (腿部) 1 分鐘休息 重複 4 次 完成訓練 1	休息: 閱讀斯巴達障礙賽 創始人 Joe DeSena 寫的 Spartan Up!	10 分鐘快步走 4 分鐘慢跑 2 分鐘快步走 重複 5 次 完成訓練 1	熱身運動 7 個掌上壓 40 秒平板支撐 20 個深蹲 7 個弓步蹲 5 個向左和向右的弓步蹲 3 米熊爬 3 米螃蟹爬 重複 4 次 完成訓練 2	休息: 聽過高強度訓練 (HIIT)嗎? 不知道的話, 可以了解一下 HIIT 對身 體的好處吧。
5	10 分鐘快步走 5 分鐘慢跑 2 分鐘快步走 重複 5 次 完成訓練 1	熱身運動 7 個掌上壓 60 秒平板支撐 25 個深蹲 10 個弓步蹲 7 個向左和向右的弓步蹲 6 米熊爬 6 米螃蟹爬 重複 4 次 完成訓練 2	10 分鐘快步走 2 分鐘慢跑 1 分鐘快走 重複 3 次 肩膀 7kg 沙包走約 45 米 拿重物做 10 個深蹲 拿重物做 10 個硬舉 (腿部) 1 分鐘休息 重複 5 次 完成訓練 1	報名參加斯巴達障礙賽 啦! <a href="http://www.spartanrace.hk/zh/race/find-race">http://www.spartanrace.hk/zh/race/find-race</a>			

### 如何製作一個 7 公斤的沙袋

材料:

7 公斤的沙 · 2 到 3 個大垃圾膠袋和強力膠紙

將 7 公斤的沙倒到在一個垃圾膠袋內, 並讓沙覆蓋底部的角落。沿著長的那一邊將垃圾袋折成一半, 並將袋子從下到上滾動並擠壓帶子內的空氣。用強力膠紙封住, 並用強力膠紙纏繞沙袋四五次。將沙袋裝到第二個垃圾袋, 並重複捆綁。袋子綁得越緊越容易拿並不容易變形。如果有需要的話, 可以將沙袋滾松一點。如果想要讓沙袋比較耐用, 可以用第三個垃圾膠袋。





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### 熱身運動

熱身運動不是要跟自己比較。熱身運動主要是讓您在訓練中更好地控制自己的動作。在每個動作之間容許自己有少許的休息時間。熱身完畢後，您應該覺得有點疲勞並出了一點汗。

- 五分鐘的慢跑
- 以下的動作做 10 個回合
- 向左和向右轉動頭部
- 肩膀鬆動（順時針和逆時針）
- 甩動手臂（小幅度到大幅度）
- 拍打後背
- 站立後仰弓式
- 側邊弓式
- 腿部畫圈（前後和左右移動）
- 腳踝畫圈
- 半深蹲
- 半弓步蹲

### 動態訓練 1

#### 大腿後側伸展：

兩腳與肩同寬。蹲下來並用手抓住您的腳趾。慢慢將雙腿直立，直到您感覺到您大腿後側的肌肉有伸展的感覺。保持姿勢 10 秒。回到下蹲的姿勢，然後重新直立。重複 10 次。

#### 臀部肌肉伸展：

躺下並屈膝，讓雙腳放在地面上。抬起其中一條腿，並將該腳搭在另一條腿上。將第一條腿向前向後移動五次，然後抓住第二條腿的大腿，並向胸口拉到您感覺屁股肌肉有伸展的感覺。

#### 蜘蛛式伸展：

做一個弓步蹲的姿勢，儘量讓後面的腿伸直和前面的腿彎成 90 度，來讓膝蓋在腳的正上方。降低臀部。將雙手放在前腳的兩側。如果伸展性好的話，儘量讓前腳同側的手肘撐在腳內側。

#### 股四頭肌和腳踝伸展：

雙腳雙腿併攏跪下。雙腳應該平放在地面上。身體向後仰，將臀部降低至接觸到腳跟，讓雙手放在地面上。讓手臂撐住您的重量來減輕對於膝蓋的重量。保持姿勢 30 秒。

#### 肩胛骨滑牆：

雙腳離牆壁幾公分的距離，站立並讓背部靠在牆壁上。將雙手舉高至肩高，然後讓手肘彎 90 度。讓手掌背對牆壁。擠壓您的肩膀並讓手向上移動，知道手臂伸直。儘量讓手肘靠著牆壁。重複三次。

#### 青蛙姿勢：

跪在地毯上。將雙腿分開並且讓腳踝在膝蓋後面，讓雙腳沿著脛骨彎曲。上半身向前延伸觸地。保持該姿勢並讓臀部向後移動。儘量讓背部打直，收緊腹部。通過鼻子深吸和通過嘴巴深吐。保持 30 秒。

### 動態伸展 2

#### 戰士式：

做弓步的姿勢，並讓後腳往外旋轉。將臀部降低到前大腿與地面平行。將雙臂沿著頭部兩側高舉並讓雙手合掌。讓胸部向上伸展並朝前看。保持姿勢 30 秒，然後換邊。重複 3 次。

#### 三角式：

像戰士式站立，但是讓雙腿站直。前腳向前，後腳向外。前腳同側的手臂向前向下延伸，儘量抓住腳踝。讓另一只手臂向上延伸，使雙臂呈一條線（一手臂向地面伸，一手臂向天空伸）。保持姿勢 15 秒然後換邊。重複 3 次。

#### 腕部伸展：

站立時將雙手向上或側面伸展。一條腿往後移，並通過旋轉臀部讓上半身降到與地面平行。保持姿勢並且讓手臂向前伸展，腿往後伸展。深呼吸。保持 15 秒，然後換邊。重複 3 次。