



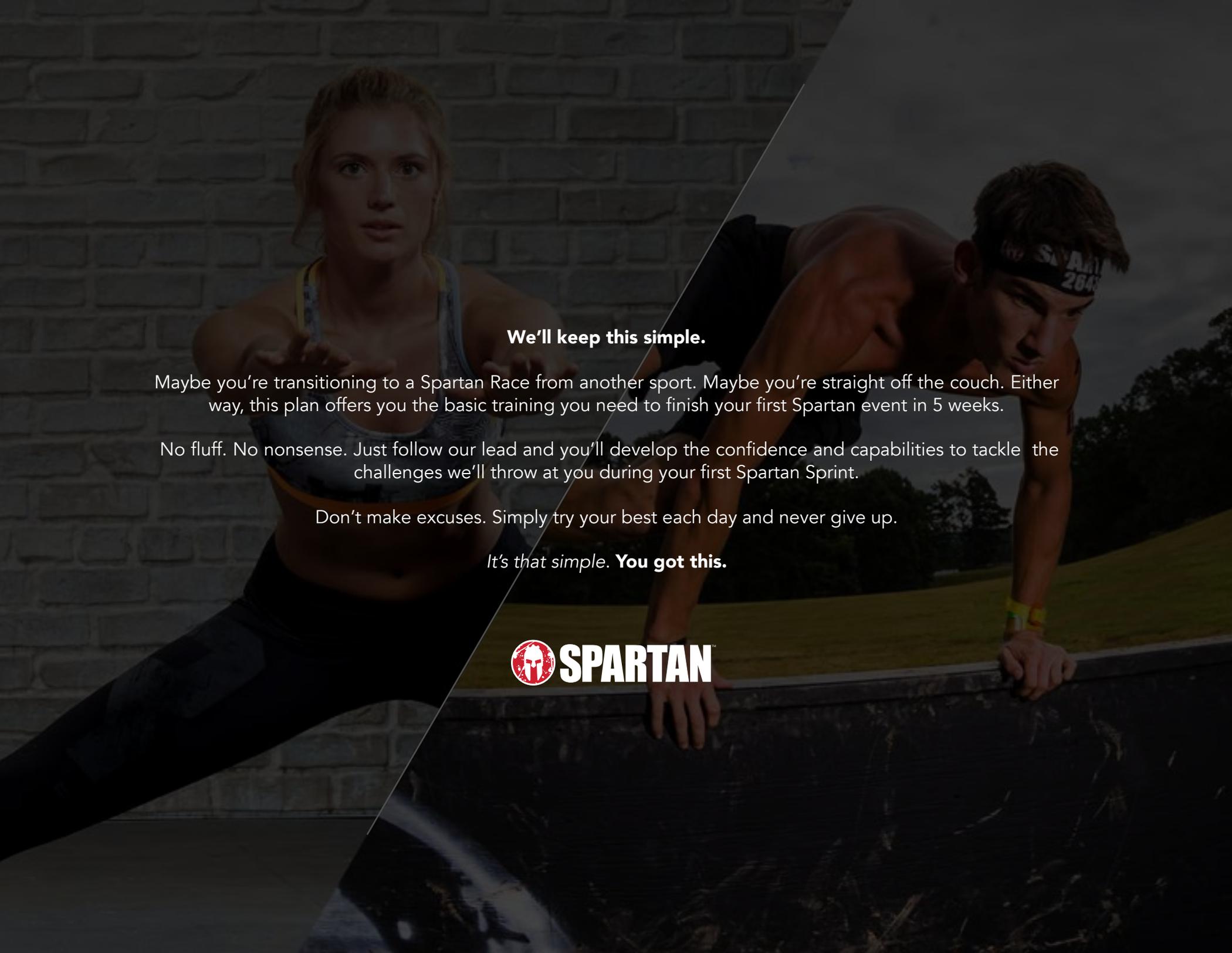
A
SPARTAN

5 WEEKS TO YOUR FIRST SPARTAN RACE



**TRAINING
PLAN**





We'll keep this simple.

Maybe you're transitioning to a Spartan Race from another sport. Maybe you're straight off the couch. Either way, this plan offers you the basic training you need to finish your first Spartan event in 5 weeks.

No fluff. No nonsense. Just follow our lead and you'll develop the confidence and capabilities to tackle the challenges we'll throw at you during your first Spartan Sprint.

Don't make excuses. Simply try your best each day and never give up.

It's that simple. **You got this.**





THE PLAN

SPARTAN RACE
OVERLAND RACE
MAY 1-3
MAY 1-3
MAY 1-3

SPARTAN RACE
15140



M	T	W	TH	F	SA	SU
10 min brisk walk	Dynamic warm-up	10 min brisk walk	*RECOVERY	10 min brisk walk	Dynamic warm-up	*RECOVERY
1 min jog	5 push-ups	1 min jog		1 min jog	5 push-ups	
3 min walk	30 sec plank	3 min walk		3 min walk	30 sec plank	
repeat 5x	15 squats	repeat 3x		repeat 5x	15 squats	
Mobility 1	5 lunges			Mobility 1	5 lunges	
	3 lateral split squats (each side)				3 lateral split squats (each side)	
	30 sec bear crawl				30 sec bear crawl	
	3 burpees				3 burpees	
	repeat 3x				repeat 3x	
	Mobility 2				Mobility 2	
		*FIND 7-12 KG OBJECT				
		50m object carry				
		10 squats				
		10 deadlifts				
		1 min rest				
		repeat 3x				
		Mobility 1				

***THURSDAY RECOVERY**

Research how to perform **any exercises that are unfamiliar to you** in this plan. Visit spartan.co.za for exercise and obstacle training videos.

***SUNDAY RECOVERY**

Buy the ingredients for your **7–12 kg** sandbag and build it. See **Page 11**.



M	T	W	TH	F	SA	SU
<p>10 min brisk walk</p> <p>2 min jog</p> <p>3 min walk repeat 4x</p> <p>Mobility 1</p>	<p>Dynamic warm-up</p> <p>5 push-ups</p> <p>30 sec plank</p> <p>15 squats</p> <p>5 lunges</p> <p>3 lateral split squats (each side)</p> <p>30 sec bear crawl</p> <p>3 burpees repeat 3x</p> <p>Mobility 2</p>	<p>10 min brisk walk</p> <p>2 min jog</p> <p>1 min walk repeat 4x</p> <p>*FIND 7-12 KG OBJECT</p> <div style="border: 1px solid red; padding: 5px;"> <p>50m object carry</p> <p>10 squats</p> <p>10 deadlifts</p> <p>1 min rest repeat 3x</p> </div> <p>Mobility 1</p>	<p>*RECOVERY</p>	<p>10 min brisk walk</p> <p>1 min jog</p> <p>3 min walk repeat 5x</p> <p>Mobility 1</p>	<p>Dynamic warm-up</p> <p>5 push-ups</p> <p>30 sec plank</p> <p>15 squats</p> <p>5 lunges</p> <p>3 lateral split squats (each side)</p> <p>30 sec bear crawl</p> <p>3 burpees repeat 3x</p> <p>Mobility 2</p>	<p>*RECOVERY</p>

***THURSDAY RECOVERY**

Read the training content on the [Spartan website](#).

***SUNDAY RECOVERY**

Start a journal to track your activity. Keep track of how you felt before, during, and after your exercise. **What barriers did you encounter?**

What will you do the next time you encounter those barriers.



M	T	W	TH	F	SA	SU
<p>10 min brisk walk</p> <p>3 min jog</p> <p>2 min walk repeat 4x</p> <p>Mobility 1</p>	<p>Dynamic warm-up</p> <p>7 push-ups</p> <p>40 sec plank</p> <p>20 squats</p> <p>7 lunges</p> <p>5 lateral split squats (each side)</p> <p>3m bear crawl</p> <p>5 burpees repeat 4x</p> <p>Mobility 2</p>	<p>10 min brisk walk</p> <p>2 min jog</p> <p>1 min walk repeat 3x</p> <p>*FIND 7-12 KG OBJECT</p> <div style="border: 1px solid red; padding: 5px;"> <p>50m object carry</p> <p>10 squats</p> <p>10 deadlifts</p> <p>1 min rest repeat 3x</p> </div> <p>Mobility 1</p>	<p>*RECOVERY</p>	<p>10 min brisk walk</p> <p>3 min jog</p> <p>2 min walk repeat 4x</p> <p>Mobility 1</p>	<p>Dynamic warm-up</p> <p>7 push-ups</p> <p>40 sec plank</p> <p>20 squats</p> <p>7 lunges</p> <p>5 lateral split squats (each side)</p> <p>3m bear crawl</p> <p>5 burpees repeat 4x</p> <p>Mobility 2</p>	<p>*RECOVERY</p>

***THURSDAY RECOVERY**

Research the health benefits of meditation.

***SUNDAY RECOVERY**

Write your own health vision statement. Why is your health and fitness important to you? Where do you want to be in three months, six months, one year?



M	T	W	TH	F	SA	SU
<p>10 min brisk walk</p> <p>4 min jog</p> <p>2 min walk repeat 5x</p> <p>Mobility 1</p>	<p>Dynamic warm-up</p> <p>7 push-ups</p> <p>40 sec plank</p> <p>20 squats</p> <p>7 lunges</p> <p>5 lateral split squats (each side)</p> <p>3m bear crawl</p> <p>5 burpees repeat 4x</p> <p>Mobility 2</p>	<p>10 min brisk walk</p> <p>2 min jog</p> <p>1 min walk repeat 3x</p> <p>*FIND 7-12 KG OBJECT</p> <div style="border: 1px solid red; padding: 5px;"> <p>50m object carry</p> <p>10 squats</p> <p>10 deadlifts</p> <p>1 min rest repeat 4x</p> </div> <p>Mobility 1</p>	<p>*RECOVERY</p>	<p>10 min brisk walk</p> <p>4 min jog</p> <p>2 min walk repeat 5x</p> <p>Mobility 1</p>	<p>Dynamic warm-up</p> <p>7 push-ups</p> <p>40 sec plank</p> <p>20 squats</p> <p>7 lunges</p> <p>5 lateral split squats (each side)</p> <p>3m bear crawl</p> <p>5 burpees repeat 4x</p> <p>Mobility 2</p>	<p>*RECOVERY</p>

***THURSDAY RECOVERY**

Read [Spartan Up!](#) + [Spartan Fit!](#) by Spartan Race founder Joe DeSena.

***SUNDAY RECOVERY**

Read 3–5 blogs at [Spartan Life](#).



M

10 min brisk walk
4 min jog
2 min walk
repeat 5x
Mobility 1

T

Dynamic warm-up
10 push-ups
60 sec plank
25 squats
10 lunges
7 lateral split squats (each side)
6m bear crawl
5 burpees
repeat 4x
Mobility 2

W

10 min brisk walk
2 min jog
1 min walk
repeat 3x
***FIND 7-12 KG OBJECT**
50m object carry
10 squats
10 deadlifts
1 min rest
repeat 5x
Mobility 1

TH

———— RACE TRAVEL ————

F

SA

———— *RACE WEEKEND ————

SU

***RACE WEEKEND**

Sign up for a [Spartan Sprint](#).
Find a [Spartan SGX coach near you](#) to continue your Spartan training.



WARM-UPS & STRETCHES

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 (small to large)
- Back slaps
- Standing back bends
- Lateral standing 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 | PERFORM 2-4 OF THESE STRETCHES

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. Raise 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. Hold for 30 seconds and then switch sides.

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 your 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 STRETCHES | PERFORM 2-3 OF THESE STRETCHES

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 ground 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.

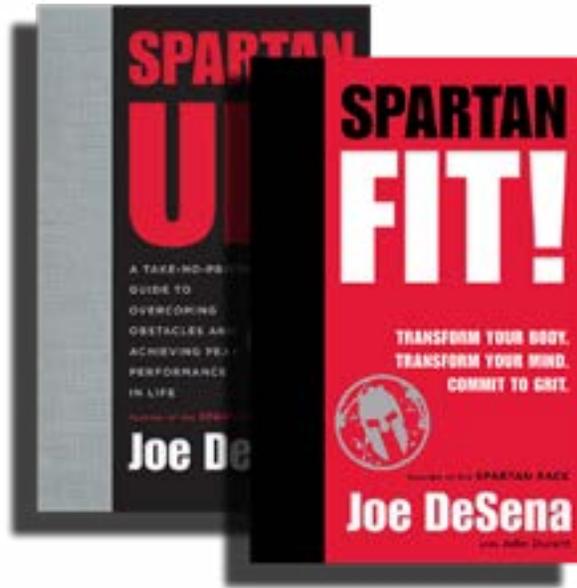
HOW TO MAKE A 7-12 KG. SANDBAG

Equipment | 7 - 12 kg of sand, two to three contractor or heavy-duty trash bags, duct tape

Put 7-12 kg 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 bag inside a second bag and repeat the procedure. A tighter roll will make the bag more stable and easier to handle. If you desire a more dynamic and unstable sand bag, roll it a little bit looser. Add a third bag for greater durability.

Or get one of our own

[Spartan Pancakes at globalshop.spartan.com.](https://globalshop.spartan.com)



TRANSFORM YOURSELF WITH SPARTAN UP! & SPARTAN FIT!

SpartanFIT! is a 30-day lifestyle guide designed to give you all the information you need to start living, training, eating, and thinking like a Spartan. Packed with full-body workouts, inspiring stories, and sample Spartan recipes, SpartanFIT! will arm you with the strength, knowledge, and grit to transcend your limits on and off the race course.



TEST YOURSELF WITH SPARTAN ENDURANCE EVENTS

For the brave, the determined, and those who just love pushing themselves to the limits, Spartan offers team-based endurance events: the Hurricane Heat, 12-Hour Hurricane Heat, and the 48 or 60-hour Agoge. [Learn more about Spartan Endurance Events.](#)



FIND AN SGX COACH TO GET RACE READY

Whether you're new to all this or you've run 50 races already, training always goes better when someone has your back. Thousands of coaches have become SGX certified, and they're eager to help you become your best self. [Find an SGX Coach near you.](#)



© 2004–2018 Spartan Race, INC.
www.spartan.co.za