



SPARTAN SGX

12 WEEK TRAINING PLAN

Follow this training and nutrition programme to help prepare you for your Stadion race.
Make sure you have recovery days too!

WEEK 1



NUTRITION

START EACH DAY WITH A GLASS OF WATER - WITH A SQUEEZE OF FRESH LEMON JUICE WHENEVER POSSIBLE.

DAY 1: STRENGTH

- 5 Minute StairMaster Warm Up
- Hold each movement for 30 seconds, taking 10 seconds to transition between positions.
Repeat 5 sets:
Left - High Lunge
Right - High Lunge
High Push Up
Hollow Hold
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY

- 5 Minute StairMaster Warm Up
- For 10 minutes, every minute on the minute - do 2 Burpees.
- 15 Minute StairMaster Workout

DAY 3: ATHLETICISM

- 5 Minute StairMaster Warm Up
- Repeat 5 sets:
5 Push ups
10 yard bear crawl
5 squats
10 yard walking lunge
30 seconds rest
- 15 Minute StairMaster Workout

DAY 4: ENDURANCE

- Sprint A StairMaster Program (flat course)

WEEK 2



NUTRITION

IN ADDITION TO LAST WEEK'S NUTRITION TASK - REMOVE SUGAR, CANDY & SWEETS FROM YOUR DIET MONDAY THROUGH FRIDAY.

DAY 1: STRENGTH

- 5 Minute StairMaster Warm Up
- Hold each movement for 30 seconds, taking 10 seconds to transition between positions.
Repeat 7 sets:
Left - High Lunge
Right - High Lunge
High Push Up
Hollow Hold
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY

- 5 Minute StairMaster Warm Up
- For 10 minutes, every minute on the minute - do 4 Burpees.
- 15 Minute StairMaster Workout

DAY 3: ATHLETICISM

- 5 Minute StairMaster Warm Up
- Repeat 7 sets:
5 Push ups
10 yard bear crawl
5 squats
10 yard walking lunge
30 seconds rest
- 15 Minute StairMaster Workout

DAY 4: ENDURANCE

- Sprint A StairMaster Program (flat course)

WEEK 3



NUTRITION

IN ADDITION TO LAST WEEK'S NUTRITION TASK - ADD A "PALM-SIZED" PORTION OF PROTEIN TO ATLEAST TWO MEALS EVERY DAY.

DAY 1: STRENGTH

- 5 Minute StairMaster Warm Up
- Hold each movement for 60 seconds, taking 20 seconds to transition between positions.
Repeat 5 sets:
Left - High Lunge
Right - High Lunge
High Push Up
Hollow Hold
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY

- 5 Minute StairMaster Warm Up
- For 10 minutes, every minute on the minute - do 6 Burpees.
- 15 Minute StairMaster Workout

DAY 3: ATHLETICISM

- 5 Minute StairMaster Warm Up
- Repeat 7 sets:
7 Push ups
15 yard bear crawl
7 squats
15 yard walking lunge
30 seconds rest
- 15 Minute StairMaster Workout

DAY 4: ENDURANCE

- Sprint B StairMaster Program (flat course)



CORE HEALTH & FITNESS



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WEEK 4



NUTRITION

IN ADDITION TO LAST WEEK'S NUTRITION TASK - EAT AT LEAST ONE MORE FRUIT OR VEGETABLE THAN YOU NORMALLY WOULD EACH DAY.

DAY 1: STRENGTH

- 5 Minute StairMaster Warm Up
- Hold each movement for 60 seconds, taking 20 seconds to transition between positions.
Repeat 7 sets:
Left - High Lunge
Right - High Lunge
High Push Up
Hollow Hold
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY

- 5 Minute StairMaster Warm Up
- For 10 minutes, every minute on the minute - do 8 Burpees.
- 15 Minute StairMaster Workout

DAY 3: ATHLETICISM

- 5 Minute StairMaster Warm Up
- Repeat 7 sets:
7 Push ups
15 yard bear crawl
7 squats
15 yard walking lunge
30 seconds rest
- 15 Minute StairMaster Workout

DAY 4: ENDURANCE

- Sprint B StairMaster Program (flat course)

WEEK 5



NUTRITION

IN ADDITION TO LAST WEEK'S NUTRITION TASK - DRINK HALF YOUR BODY WEIGHT IN OUNCES OF WATER EACH DAY.

FOR EXAMPLE - IF YOU WEIGH 170 POUNDS, DRINK 85 OUNCES OF WATER.

DAY 1: STRENGTH

- 5 Minute StairMaster Warm Up
- Hold each movement for 60 seconds (or 30 seconds per side) Take 30 seconds to transition between positions.
Repeat 5 sets:
Left - High Lunge
Right - High Lunge
High Push Up
Hollow Hold
(Sub: Bear Crawl for 10 reps after hold, 10 steps per side)
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY

- 5 Minute StairMaster Warm Up
- Perform 10-8-6-4-2 reps of each movement:
Burpees
Reverse Lunges
Body Rows
Squats
- 15 Minute StairMaster Workout (5 Minutes with Sand Bag)

DAY 3: ATHLETICISM

- 5 Minute StairMaster Warm Up
- Repeat 5 sets:
10 Assisted Pull ups
20 yard walking lunge
30 seconds Hollow hold
- Repeat 3 sets:
5 Minutes StairMaster Workout
20 yard Bear Crawl

DAY 4: ENDURANCE

- Super A StairMaster Program (flat course)

WEEK 6



NUTRITION

IN ADDITION TO LAST WEEK'S NUTRITION TASK - REMOVE ALCOHOL FROM YOUR DIET (EXCEPT 1-2 GLASSES OF WINE PER WEEK).

DAY 1: STRENGTH

- 5 Minute StairMaster Warm Up
- Hold each movement for 60 seconds (or 30 seconds per side) then do 10 reps (or per side). Take 30 seconds to transition between positions.
Repeat 7 sets:
Left - High Lunge
Right - High Lunge
High Push Up
Hollow Hold
(Sub: Bear Crawl for 10 reps after hold, 10 steps per side)
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY

- 10 Minute StairMaster Warm Up
- Perform 10-9-8-7-6 reps of each movement:
Burpees
Reverse Lunges
Body Rows
Squats
- 15 Minute StairMaster Workout with Sand Bag

DAY 3: ATHLETICISM

- 5 Minute StairMaster Warm Up
- Repeat 7 sets:
10 Assisted Pull ups
20 yard walking lunge
30 seconds Hollow hold
- Repeat 3 sets:
5 Minutes StairMaster Workout
20 yard Bear Crawl

DAY 4: ENDURANCE

- Super A StairMaster Program (flat course)



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WEEK 7



NUTRITION

IN ADDITION TO LAST WEEK'S NUTRITION TASK - REPLACE REFINED FLOURS, PASTAS AND CEREALS WITH FRUITS AND VEGETABLES LIKE AVOCADO AND SWEET POTATO AT LEAST ONCE A WEEK.

DAY 1: STRENGTH

- 5 Minute StairMaster Warm Up
- Hold each movement for 60 seconds (or 30 seconds per side) then do 15 reps (or per side). Take 20 seconds to transition between positions.
Repeat 5 sets:
Left - High Lunge
Right - High Lunge
High Push Up
Hollow Hold
(Sub: Bear Crawl for 15 reps after hold, 10 steps per side)
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY

- 15 Minute StairMaster Warm Up
- Perform 10-8-6-4-2 reps of each movement:
Burpees
Reverse Lunges
Body Rows
Squats
- 15 Minute StairMaster Workout (10 Minutes with Sand Bag)

DAY 3: ATHLETICISM

- 5 Minute StairMaster Warm Up
- Repeat 5 sets:
10 Assisted Pull ups
30 yard walking lunge
2 x 30 seconds Hollow hold (rest 10 seconds between reps)
- Repeat 3 sets:
3 Minutes StairMaster Workout
30 yard Bear Crawl

DAY 4: ENDURANCE

- Super B StairMaster Program (hilly course)

WEEK 8



NUTRITION

IN ADDITION TO LAST WEEK'S NUTRITION TASK - EAT TWO CUPS OF GREENS PER WEEKEND DAY.

DAY 1: STRENGTH

- 5 Minute StairMaster Warm Up
- Hold each movement for 60 seconds (or 30 seconds per side) then do 15 reps (or per side). Take 20 seconds to transition between positions.
Repeat 7 sets:
Left - High Lunge
Right - High Lunge
High Push Up
Hollow Hold
(Sub: Bear Crawl for 10 reps after hold, 15 steps per side)
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY

- 10 Minute StairMaster Warm Up
- Perform 10-9-8-7-6-5-4-3-2-1 reps of each movement:
Burpees
Reverse Lunges
Body Rows
Squats
- 15 Minute StairMaster Workout with Sand Bag

DAY 3: ATHLETICISM

- 5 Minute StairMaster Warm Up
- Repeat 7 sets:
10 Assisted Pull ups
30 yard walking lunge
2 x 30 seconds Hollow hold (rest 10 seconds between reps)
- Repeat 3 sets:
3 Minutes StairMaster Workout
30 yard Bear Crawl

DAY 4: ENDURANCE

- Super B StairMaster Program (hilly course)

WEEK 9



NUTRITION

IN ADDITION TO LAST WEEK'S NUTRITION TASK - DO 25 SQUATS BEFORE AND AFTER EACH TIME YOU HAVE SUGAR OR WINE.

DAY 1: STRENGTH

- 5 Minute StairMaster Warm Up
- Perform 5 sets:
10 Sand Bag Cleans (alternating shoulders)
10 Assisted Pull Ups
20 Push Ups
- 30 Seconds ON / 30 Seconds OFF Hollow Holds for 5 Minutes
- 15 Minute StairMaster Workout

DAY 2: WORK CAPACITY

- 5 Minute StairMaster Warm Up
- For 15 Minutes - Alternating every minute on the minute - Do 5 Burpees or 10 yard Sand Bag Walking Lunge
- 15 Minute StairMaster Workout

DAY 3: ATHLETICISM

- 5 Minute StairMaster Warm Up
- 10 Minute Rope Climb technique practice
- Repeat 3 sets:
30 Second "Dead Hang" from rope
10 Burpees
60 seconds rest
- Repeat 5 sets:
3 Minutes StairMaster Workout
30 yard Bucket (or Dumbbell) Carry
5 Burpees

DAY 4: ENDURANCE

- Beast A StairMaster Program (flat course)





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WEEK 10

DAY 1: STRENGTH

DAY 2: WORK CAPACITY

DAY 3: ATHLETICISM

DAY 4: ENDURANCE

NUTRITION

IN ADDITION TO LAST WEEK'S NUTRITION TASK - EXPERIMENT WITH A POTENTIAL RACE DAY FUELING OPTION DURING YOUR ENDURANCE WORKOUT.

- 5 Minute StairMaster Warm Up
- Perform 7 sets:
 - 10 Sand Bag Cleans (alternating shoulders)
 - 10 Assisted Pull Ups
 - 20 Push Ups
- 30 Seconds ON / 30 Seconds OFF Hollow Holds for 5 Minutes
- 15 Minute StairMaster Workout

- 5 Minute StairMaster Warm Up
- For 20 Minutes - Alternating every minute on the minute - Do 7 Burpees or 15 yard Sand Bag Walking Lunge
- 15 Minute StairMaster Workout with Sand Bag

- 5 Minute StairMaster Warm Up
- 10 Minute Rope Climb technique practice
- Repeat 5 sets:
 - 30 Second "Active Hang" from rope
 - 10 Burpees
 - 60 seconds rest
- Repeat 5 sets:
 - 6 Minutes StairMaster Workout
 - 30 yard Bucket (or Dumbbell) Carry
 - 5 Burpees

- Beast A StairMaster Program (flat course)

WEEK 11

DAY 1: STRENGTH

DAY 2: WORK CAPACITY

DAY 3: ATHLETICISM

DAY 4: ENDURANCE

NUTRITION

IN ADDITION TO LAST WEEK'S NUTRITION TASK - EXPERIMENT WITH ANOTHER POTENTIAL RACE DAY FUELING OPTION DURING YOUR ENDURANCE WORKOUT.

- 5 Minute StairMaster Warm Up
- Perform 5 sets:
 - 15 Sand Bag Cleans (alternating shoulders)
 - 15 Assisted Pull Ups
 - 30 Push Ups
- 30 Seconds ON / 30 Seconds OFF Hollow Holds for 5 Minutes
- 15 Minute StairMaster Workout

- 5 Minute StairMaster Warm Up
- For 20 Minutes - Alternating every minute on the minute - Do 9 Burpees or 15 yard Sand Bag Walking Lunge
- 15 Minute StairMaster Workout with Sand Bag

- 5 Minute StairMaster Warm Up
- 10 Minute Rope Climb technique practice
- Repeat 3 sets:
 - 1 Rope Climb
 - 10 Burpees
 - 60 seconds rest
- Repeat 5 sets:
 - 3 Minutes StairMaster Workout
 - 60 yard Bucket (or Dumbbell) Carry
 - 10 Burpees

- Beast B StairMaster Program (hilly course)

WEEK 12

DAY 1: STRENGTH

DAY 2: WORK CAPACITY

DAY 3: ATHLETICISM

DAY 4: ENDURANCE

NUTRITION

PULL TOGETHER EVERYTHING THAT YOU HAVE LEARNED AND EAT LIKE A PRO.

CELEBRATE ACHIEVING YOUR IMPROVEMENT GOAL.

- 5 Minute StairMaster Warm Up
- Perform 5 sets:
 - 15 Sand Bag Cleans (alternating shoulders)
 - 15 Assisted Pull Ups
 - 30 Push Ups
- 30 Seconds ON / 30 Seconds OFF Hollow Holds for 5 Minutes
- 15 Minute StairMaster Workout

- 5 Minute StairMaster Warm Up
- For 15 Minutes - Alternating every minute on the minute - Do 10 Burpees or 15 yard Sand Bag Walking Lunge
- 15 Minute StairMaster Workout

- 5 Minute StairMaster Warm Up
- 10 Minute Rope Climb technique practice

- Run your Stadion Race and continue your Spartan Training!



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