

5 week **TRAINING** PLAN



**FEATURING WORKOUTS BY
SPARTAN PRO ATHLETES —**

MICHIKO SATO

WELLINGTON "BEEF" M. CO JR.

JOELLE LIM

ILONA-JADE ERRINGTON

JOHNNY TIEU

#BEUNBREAKABLE

WHAT IS SPARTAN?

Spartan is the global leader in obstacle course racing for a reason - we will challenge you to push beyond your limits. This isn't a casual 5K or fun run. **We want you to achieve more.** Don't worry though - there's no Spartan left behind. Whether you're ready to tackle your first Spartan Sprint, or you're an elite athlete seeking to crush a 50K Ultra and a podium spot, we're all in this together. Aroo!

ABOUT THE TRAINING PLAN

This 5 week training plan was put together by Spartan exclusively for Mastercard members. Curated by 5 Spartan 2020 Pro Team athletes from around the region and focusing on everything from body weight exercises, strength, grip training and more, this training plan is your key to getting Spartan Fit and ready for your first race.

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[CLICK HERE FOR BODY WEIGHT EXERCISES GUIDE](#)

**If you have injuries or existing health conditions please consult with your doctor before attempting the workouts. If at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.*



MICHIKO SATO

 @MEGAMICHIKO

Michiko is a Spartan Pro Athlete from Japan. The mother of 2 is also a certified Spartan SGX coach and an Obstacle Specialist. She first raced at the inaugural Spartan Race in Japan in early 2017 and is one of Japan's leading Female Elite athletes. Michiko also represented Japan at the 2019 Spartan World Championships in Lake Tahoe.

WEEK 1

LEVEL     

A comprehensive workout for everybody at any fitness level to help get you race ready.



MON	TUES	WED	THU	FRI	SAT	SUN
WARM UP HIP MOBILITY DYNAMIC STRETCH 30 SECONDS CALF AND THIGH STRETCH 30 SECOND HOLD 100 STANDING ARM SWINGS	WARM UP YTWL EXERCISE 10 REPS EACH 100 JUMPING JACKS	R E S T & R E C O V E R Y	WARM UP ANIMAL MOVEMENTS: 5M FORWARD APE/ LATERAL APE 5M BEAR WALK FORWARD AND BACK 5M CRAB WALK FORWARD AND BACK	WARM UP HIP MOBILITY DYNAMIC STRETCH 30 SECONDS CALF AND THIGH STRETCH 30 SECOND HOLD 100 STANDING ARM SWINGS	WARM UP GOOD MORNING EXERCISE 1 MINUTE PLANK HOLD 30 SECONDS SIDE PLANK 30 SECONDS (PER SIDE)	*ACTIVE RECOVERY <i>TRY SOMETHING NEW TODAY!</i> HANDSTAND PRACTICE 20 MINUTES PRACTICE FLIPPING CRAWL UP WITH FEET IF YOU CAN'T FLIP UP DEAD HANG TEST HOLD FOR AS LONG AS POSSIBLE (RECORD TIME) <i>COLD SHOWER AFTER YOUR WORKOUT</i>
MAIN WORKOUT 500M RUN 10 BURPEES 400M RUN 15 BURPEES 300M RUN 20 BURPEES 200M RUN 25 BURPEES 100M RUN 30 BURPEES JUMP ROPE 2 MINUTES	MAIN WORKOUT TABATA PUSH UP 20 SECOND WORKOUT 10 SECOND REST X 8 ROUNDS 10 FORWARD LUNGES (PER SIDE) 10 GLUTE BRIDGE RAISES 10 HEEL TOUCHES X 3 ROUNDS 1 MIN ISO SQUAT (OR WALL SIT)		MAIN WORKOUT TABATA AIR SQUAT 20 SECOND WORKOUT 10 SECOND REST X 8 ROUNDS 10 PLANK DOWN-UPS 10 RUSSIAN TWISTS (PER SIDE) 10 MOUNTAIN CLIMBERS (PER SIDE) X 3 ROUNDS 1 MIN REVERSE BURPEES	MAIN WORKOUT 10 MIN JOG AT YOUR OWN PACE 1 MIN FAST RUN 1 MIN SLOW RUN 10 ROUNDS 10 MIN JOG AT YOUR OWN PACE	MAIN WORKOUT TABATA SIT UP 20 SECOND WORKOUT 10 SECOND REST X 8 ROUNDS 10 WALK OUT PUSH UP 10 BACKWARD LUNGES (PER SIDE) 10 DIPS X 3 ROUNDS 1 MIN BURPEES	
COOL DOWN AND RECOVERY REACH UP 30 SECONDS STRETCH ARMS SIDEWAYS 30 SECONDS FORWARD LUNGE (LEFT THEN RIGHT) 30 SECONDS BUTTERFLY SIT 30 SECONDS COBRA POSE 30 SECONDS CHILD'S POSE 30 SECONDS	COOL DOWN AND RECOVERY REACH UP 30 SECONDS STRETCH ARMS SIDEWAYS 30 SECONDS FORWARD LUNGE (LEFT THEN RIGHT) 30 SECONDS BUTTERFLY SIT 30 SECONDS COBRA POSE 30 SECONDS CHILD'S POSE 30 SECONDS		COOL DOWN AND RECOVERY REACH UP 30 SECONDS STRETCH ARMS SIDEWAYS 30 SECONDS FORWARD LUNGE (LEFT THEN RIGHT) 30 SECONDS BUTTERFLY SIT 30 SECONDS COBRA POSE 30 SECONDS CHILD'S POSE 30 SECONDS	COOL DOWN AND RECOVERY REACH UP 30 SECONDS STRETCH ARMS SIDEWAYS 30 SECONDS FORWARD LUNGE (LEFT THEN RIGHT) 30 SECONDS BUTTERFLY SIT 30 SECONDS COBRA POSE 30 SECONDS CHILD'S POSE 30 SECONDS	COOL DOWN AND RECOVERY REACH UP 30 SECONDS STRETCH ARMS SIDEWAYS 30 SECONDS FORWARD LUNGE (LEFT THEN RIGHT) 30 SECONDS BUTTERFLY SIT 30 SECONDS COBRA POSE 30 SECONDS CHILD'S POSE 30 SECONDS	
COOL DOWN AND RECOVERY REACH UP 30 SECONDS STRETCH ARMS SIDEWAYS 30 SECONDS FORWARD LUNGE (LEFT THEN RIGHT) 30 SECONDS BUTTERFLY SIT 30 SECONDS COBRA POSE 30 SECONDS CHILD'S POSE 30 SECONDS	COOL DOWN AND RECOVERY REACH UP 30 SECONDS STRETCH ARMS SIDEWAYS 30 SECONDS FORWARD LUNGE (LEFT THEN RIGHT) 30 SECONDS BUTTERFLY SIT 30 SECONDS COBRA POSE 30 SECONDS CHILD'S POSE 30 SECONDS		COOL DOWN AND RECOVERY REACH UP 30 SECONDS STRETCH ARMS SIDEWAYS 30 SECONDS FORWARD LUNGE (LEFT THEN RIGHT) 30 SECONDS BUTTERFLY SIT 30 SECONDS COBRA POSE 30 SECONDS CHILD'S POSE 30 SECONDS	COOL DOWN AND RECOVERY REACH UP 30 SECONDS STRETCH ARMS SIDEWAYS 30 SECONDS FORWARD LUNGE (LEFT THEN RIGHT) 30 SECONDS BUTTERFLY SIT 30 SECONDS COBRA POSE 30 SECONDS CHILD'S POSE 30 SECONDS	COOL DOWN AND RECOVERY REACH UP 30 SECONDS STRETCH ARMS SIDEWAYS 30 SECONDS FORWARD LUNGE (LEFT THEN RIGHT) 30 SECONDS BUTTERFLY SIT 30 SECONDS COBRA POSE 30 SECONDS CHILD'S POSE 30 SECONDS	

WELLINGTON “BEEF” M. CO JR.



Beef is a Spartan Pro Team Athlete from the Philippines that has competed in Spartan Races globally including the 2019 World Championship at Lake Tahoe, USA in the Age Group category. Beef is an active member of the OCR community in the Philippines. His strong ties to the community led him to begin hosting free virtual workout sessions on social media to ensure his community had the resources and the education to be able to build their own good fitness habits.

WEEK 2

LEVEL 

“Quarantoned”: A series of bodyweight workouts you can do at home without the use of equipment. Feel the intensity of a race with a week’s planned workout great for both beginners and seasoned Spartans alike.

MONDAY: Full body warm up

TUESDAY: Cardio Intensity

WEDNESDAY: **ACTIVE RECOVERY*

THURSDAY: Core blast

FRIDAY: Finisher Friday

SATURDAY: Chillsweat

SUNDAY: **RECOVERY*



MON

TUES

WED

THU

FRI

SAT

SUN

<div>WARM UP</div> <div>20 JUMPING JACKS 20 HIGH KNEES 15 AIR SQUATS</div> <div>MAIN WORKOUT</div> <div>5 SECOND REST PER EXERCISE</div> <div>10 SUMO SQUATS 10 JUMPING LUNGES 10 PUSHUPS 10 PUSHUP TUCKS 15 AB CRUNCHES X 3 ROUNDS</div> <div>10 SECOND REST PER EXERCISE</div> <div>10 SQUAT JUMPS 5 3-SECOND PUSHUP HOLDS 15 BUTTERFLY CRUNCHES 15 LEG RAISES 1-MIN PLANK X 3 ROUNDS</div> <div>COOL DOWN AND RECOVERY</div> <div>8 SECONDS PER STRETCH</div> <div>BUTTERFLY STRETCH (PUSH KNEES WITH ELBOWS)</div> <div>SUPERMAN STRETCH (3 REPS OF 8)</div> <div>DOWNWARD DOG (HEELS TO THE GROUND)</div> <div>UPWARD DOG</div> <div>CHILD'S POSE</div>	<div>WARM UP</div> <div>JUMPING JACKS 30 SECONDS</div> <div>SEAL JACKS 30 SECONDS</div> <div>WORLD'S GREATEST STRETCH (5 REPS PER SIDE)</div> <div>10 INCHWORMS</div> <div>MAIN WORKOUT</div> <div>30 SECONDS AMRAP 15 SECOND REST</div> <div>AIR SQUATS JUMPING LUNGES REVERSE LUNGE TO KNEE DRIVE BURPEES PUSH UPS SUPERMAN LEG RAISES REVERSE CRUNCHES AB CRUNCHES 30-SECOND PLANK X 3 ROUNDS</div> <div>COOL DOWN AND RECOVERY</div> <div>8 SECONDS PER STRETCH</div> <div>BUTTERFLY STRETCH (PUSH KNEES WITH ELBOWS)</div> <div>SUPERMAN STRETCH (3 REPS OF 8)</div> <div>DOWNWARD DOG (HEELS TO THE GROUND)</div> <div>WARRIOR POSE 1</div> <div>WARRIOR POSE 2</div> <div>DOWNWARD DOG (HEELS TO THE GROUND)</div> <div>CHILD'S POSE</div>	<div>*ACTIVE RECOVERY</div> <div>1 MILE JOG OR 75 PLANK JACKS</div> <div>50 AIRSQUATS</div> <div>1 MILE JOG OR 75 PLANK JACKS 50 AB CRUNCHES</div> <div>1 MILE JOG OR 75 PLANK JACKS</div> <div>50 PUSHUPS</div> <div>1 MILE JOG OR 75 PLANK JACKS</div> <div>50 LUNGES</div>	<div>WARM UP</div> <div>20 JUMPING JACKS 20 HIGH KNEES 10 PUSHUPS</div> <div>MAIN WORKOUT</div> <div>5 SECOND REST PER EXERCISE</div> <div>10 SQUAT LUNGES 10 JUMPING LUNGES X 4 ROUNDS</div> <div>5 SECOND REST PER EXERCISE</div> <div>10 WIDE AND NARROW PUSHUPS 10 3-SECOND PUSHUP HOLDS X 4 ROUNDS</div> <div>10 SECOND REST PER EXERCISE</div> <div>10 LEG RAISES FLUTTER KICKS 15 COUNTS SCISSOR KICKS 15 COUNTS 15 REVERSE CRUNCHES 10 AB CRUNCHES 10 SIDE AB CRUNCHES (PER SIDE) 12 RUSSIAN TWISTS 1-MIN PLANK X 4 ROUNDS</div> <div>COOL DOWN AND RECOVERY</div> <div>8 SECONDS PER STRETCH</div> <div>BUTTERFLY STRETCH (PUSH KNEES WITH ELBOWS)</div> <div>SUPERMAN STRETCH (3 REPS OF 8)</div> <div>DOWNWARD DOG (HEELS TO THE GROUND)</div> <div>UPWARD DOG</div> <div>CHILD'S POSE</div>	<div>WARM UP</div> <div>40 JUMPING JACKS 40 SEAL JACKS 10 AIR SQUATS 20 HIGH KNEES 10 INCHWORMS</div> <div>MAIN WORKOUT</div> <div>5 SECOND REST PER EXERCISE</div> <div>10 BOUNDING SKATES 10 SQUAT JUMPS 10 REVERSE LUNGE TO KNEE DRIVE (PER LEG) 10 SQUAT-LUNGE-SQUATS X 3 ROUNDS</div> <div>5 SECOND REST PER EXERCISE</div> <div>5 2-SECOND PUSHUP HOLDS 10 PUSHUP PLANKS 15 SUPERMAN 10 BURPEES X 3 ROUNDS</div> <div>5 SECOND REST PER EXERCISE</div> <div>10 ALTERNATING JACKKNIVES 15 LEG RAISES 15 REVERSE CRUNCHES 10 AB CRUNCHES X 3 ROUNDS</div> <div>-30 SECOND PLANK -1 MINUTE PLANK -1 MINUTE AND 30 SECONDS PLANK -2 MINUTES PLANK</div> <div>COOL DOWN AND RECOVERY</div> <div>8 SECONDS PER STRETCH</div> <div>BUTTERFLY STRETCH (PUSH KNEES WITH ELBOWS)</div> <div>SUPERMAN STRETCH (3 REPS OF 8)</div> <div>DOWNWARD DOG (HEELS TO THE GROUND)</div> <div>UPWARD DOG</div> <div>WARRIOR POSE 1</div> <div>WARRIOR POSE 2</div> <div>DOWNWARD DOG (HEELS TO THE GROUND)</div> <div>CHILD'S POSE</div>	<div>WARM UP</div> <div>10 INCHWORMS 5 WORLD'S GREATEST STRETCH (PER SIDE) 10 PUSHUPS 10 REPS 15 AIR SQUATS</div> <div>MAIN WORKOUT</div> <div>10 SECOND REST PER EXERCISE</div> <div>10 SQUAT JUMPS 10 PUSHUPS 30 MOUNTAIN CLIMBERS 30-SECOND PLANK X 3 ROUNDS</div> <div>10 SECOND REST PER EXERCISE</div> <div>10 WIDE AND NARROW SQUATS 10 CHILD'S POSE PUSHUPS 10 SUPERMAN 15 AB CRUNCHES X 3 ROUNDS</div> <div>10 SECOND REST PER EXERCISE</div> <div>10 JUMPING LUNGES 10 PUSHUP TUCKS 10 BURPEES 20 RUSSIAN TWISTS 1 MINUTE PLANK X 3 ROUNDS</div> <div>COOL DOWN AND RECOVERY</div> <div>8 SECONDS PER STRETCH</div> <div>BUTTERFLY STRETCH (PUSH KNEES WITH ELBOWS)</div> <div>SUPERMAN STRETCH (3 REPS OF 8)</div> <div>DOWNWARD DOG (HEELS TO THE GROUND)</div> <div>UPWARD DOG</div> <div>WARRIOR POSE 1</div> <div>WARRIOR POSE 2</div> <div>DOWNWARD DOG (HEELS TO THE GROUND)</div> <div>CHILD'S POSE</div>	<div>R E S T & R E C O V E R Y</div>
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JOELLE LIM

 @SPARTANWANNABE

Joelle Lim started her journey 4 years ago as a complete newbie to racing. Her determination to ensure she was able to conquer the different types of obstacles at a Spartan Race is what lead to her focus heavily on strength training. Fast forward 4 years, this Singaporean Spartan Warrior is now a member of the Spartan Pro Team and actively lives by her favourite mantra #decidecommitsucceed

WEEK 3

LEVEL     

This week's workout focuses mostly on the upper body, especially the shoulders. Having strong and powerful deltoids (the major muscle that wraps the shoulder joint) not only looks good, but more importantly it is also critical in aiding us with clearing obstacles and reduces the risk of injuries.



MON	TUES	WED	THU	FRI	SAT	SUN
WARM UP 60 SECONDS PER EXERCISE CRAB WALK ALTERNATE HAND & LEG TOE TOUCH INCHWORM WITH SHIN TAPS ARM CIRCLES SUNRISE GROUND TO SQUAT	WARM UP MARCH 100M SLOW JOG 100M BRISK WALK 100M MAIN WORKOUT 5KM - 10KM RUN 20 LUNGES EVERY 500M 10 SQUAT JUMPS AT 1KM/2KM/3KM	WARM UP 60 SECONDS PER EXERCISE BEAR CRAWL GLUTE BRIDGE (TOES UP) INCHWORM WITH SHIN TAPS ARM CIRCLES SPIDER-MAN WITH THORACIC ROTATION	WARM UP MARCH 100M SLOW JOG 100M BRISK WALK 100M MAIN WORKOUT 5KM - 10KM RUN 20 LUNGES EVERY 500M 20 BURPEES AT 1KM/2KM/3KM	WARM UP 60 SECONDS PER EXERCISE CRAB WALK ALTERNATE HAND & LEG TOE TOUCH INCHWORM WITH SHIN TAPS ARM CIRCLES SUNRISE GROUND TO SQUAT	R E S T & R E C O V E R Y	WARM UP MARCH 100M SLOW JOG 100M BRISK WALK 100M MAIN WORKOUT STAIR CLIMB ELEVATION TRAINING 1 MIN AS FAST AS YOU CAN AND THEN GO AT YOUR RECOVERY PACE FOR 5 MINUTES* X 5-8 ROUNDS *LEVEL UP - CARRY AN OBJECT
MAIN WORKOUT 60S PER EXERCISE, 20S REST/ACTIVE RECOVERY (MARCHING ON THE SPOT) HIGH PLANK SHOULDER TAP FRONT RAISE SQUAT* PUSH-UPS TO LATS PULL DOWN JUMP ROPE OVERHEAD TRICEP EXTENSION* THRUSTER* DIAMOND SIT-UP X 3 ROUNDS *LEVEL UP - CARRY AN OBJECT	COOL DOWN AND RECOVERY 60 SECONDS PER EXERCISE ARM CIRCLES SINGLE LEG HUG (LYING ON BACK) LAT STRETCH BUTTERFLY STRETCH CALF STRETCH	MAIN WORKOUT 60S PER EXERCISE, 20S REST/ACTIVE RECOVERY (MARCHING ON THE SPOT) SIT-UP SHOULDER PRESS* INCLINED PUSH-UP JUMP ROPE LUNGES OVERHEAD RAISE* SUPER MAN SHOULDER EXTENSION* STRAIGHT LEG RAISES (CORE) X 3 ROUNDS *LEVEL UP - CARRY AN OBJECT	COOL DOWN AND RECOVERY 60 SECONDS PER EXERCISE ARM CIRCLES SINGLE LEG HUG (LYING ON BACK) LAT STRETCH BUTTERFLY STRETCH CALF STRETCH	MAIN WORKOUT 60S PER EXERCISE, 20S REST/ACTIVE RECOVERY (MARCHING ON THE SPOT) WALKING PLANK SINGLE ARMSHOULDER PRESS* T PUSH-UP JUMP ROPE BENT OVER ROW* LATERAL RAISE* RUSSIAN TWIST* X 3 ROUNDS *LEVEL UP - CARRY AN OBJECT		COOL DOWN AND RECOVERY 60 SECONDS PER EXERCISE ARM CIRCLES SINGLE LEG HUG (LYING ON BACK) LAT STRETCH BUTTERFLY STRETCH CALF STRETCH
COOL DOWN AND RECOVERY 60 SECONDS PER EXERCISE ARM CIRCLES SINGLE LEG HUG (LYING ON BACK) LAT STRETCH BUTTERFLY STRETCH CALF STRETCH		COOL DOWN AND RECOVERY 60 SECONDS PER EXERCISE ARM CIRCLES SINGLE LEG HUG (LYING ON BACK) LAT STRETCH BUTTERFLY STRETCH CALF STRETCH		COOL DOWN AND RECOVERY 60 SECONDS PER EXERCISE ARM CIRCLES SINGLE LEG HUG (LYING ON BACK) LAT STRETCH BUTTERFLY STRETCH CALF STRETCH		

ILONA-JADE ERRINGTON

 @ILONAJTE

Ilona is a UK-born, Singapore-based athlete who discovered Spartan racing in 2015, and started her OCR journey working out in the back garden with 'found' objects for weights. She was instantly hooked on the sport and its propensity to continually push your boundaries no matter what level you compete at. Moving from open racing, to age group, to elite, Ilona now races internationally, and was proud to win the SEA Championship Series in 2019 before being invited on to the 2020 Pro Team.

WEEK 4

LEVEL     

This week is aimed at building your aerobic engine, strength and endurance. The focus is full-body, with an emphasis on carries, grip, core and every Spartan's favourite - the burpee!



WORKOUT EXPLANATION

MONDAY: RUNNING. Zone 1 run on trails / rolling hills. This run should be completed at an easy 'conversational' pace. The purpose of this run is not to break a PB, but to build your aerobic capacity and endurance for time on feet.

TUESDAY: POWER. This session is about explosive power, perfect for climbing over walls or jumping over fire. You'll need something you can farmers carry - a heavy bag/suitcase would do, or a sandbag in a pinch grip - and a pull-up bar / tree branch to hang off of.

WEDNESDAY: CROSSTRAIN. Today is about moving in a way that feels good, but without burning out. Take a yoga class, go for a swim, a cycle or a brisk walk, or hit the bouldering wall. Extra stretching and foam rolling is encouraged.

THURSDAY: RUNNING (COMPROMISED). Running on tired legs is an important aspect of OCR training, as is being able to move under load. Today's session focuses on both, and is designed to help you find the grit you will need on race day to push harder in the final miles. Find an incline that is at least 200m, or that will take you 1min+ to run up at a moderately fast pace. Take a sandbag or pancake with you and set it at the bottom of the hill for use during the workout.

FRIDAY: MOBILITY AND STRENGTH. A strong posterior chain is important for every Spartan. Today is about building strength and mobility so you can tackle hills, mud, barbed wire, and all the transitions between them. You'll need a weight or sandbag for today's session, a band or stick for shoulder work, and a pull-up bar / tree branch to hang off of.

SATURDAY: RUNNING. For the main set you want to be pushing yourself quite hard and fast, towards the higher end of your zone 3, but not above threshold. The intervals are on the longer side and will test your endurance for tolerating a near race pace effort.

SUNDAY: *RECOVERY. Take some time today to treat yourself, and do something that brings you joy. Today is about nourishing your body and your mind, so you hit the week refreshed and ready to take on any obstacles that come your way.

FOAM ROLLING: Foam rolling is great as part of your recovery protocol, or before bed, as it helps relieve the tension in your muscles and promote a more restful sleep. Focus on calf muscles, Hamstrings, ITB, Quads, Adductors, Glutes, Back and Lats spending at least 30 secs on the lower, then upper part of each muscle. Use a stick roller or your hands to massage out your inner and outer forearms.

MON

TUES

WED

THU

FRI

SAT

SUN

WARM UP

10 INCHWORMS
10 WALKING LUNGES
WITH ARMS RAISED
10 SIDE TO SIDE LUNGES
10 LEG SWINGS FORWARD/
BACK
10 LEG SWINGS SIDE/SIDE
10 ARMS CIRCLES
FORWARD
THEN BACKWARD
10 HAMSTRING SWEEPS

30 SECONDS EACH
MARCHING ON SPOT
ANKLING
ACCELERATION
X 3 ROUNDS

10 MINS EASY JOG

MAIN WORKOUT

RUN FOR REMAINING TIME
TO MAKE UP 1 HOUR

COOL DOWN AND
RECOVERY

IMMEDIATELY AFTER THE
RUN, BREATHING DEEPLY
FOR 30-60 SECS PER LEG:

STANDING CALF STRETCH

ACHILLES STRETCH

HAMSTRING STRETCH

SIDE AND RUNNERS

LUNGES

FOAM ROLLING

WARM UP

ANIMAL MOVEMENTS:

10M BEAR CRAWL
10M APE WALK
(EACH SIDE)
10M CRAB WALK
10M FROGGERS

3 MINS SKIPPING ROPE
OR
1 MIN JUMPING JACKS
1 MINUTE HIGH KNEES
1 MINUTE BUTT KICKS

MAIN WORKOUT

45 SECONDS WORKOUT 15
SECONDS REST

PLANK W/
SHOULDER TAPS
LUNGE TO KNEE DRIVES
(SWAP LEGS HALFWAY)
REVERSE CRUNCHES
TUCK JUMPS
1 MINUTE REST
X 4 ROUNDS

GRIP:
30 SECOND FARMERS CARRY
5 BURPEES
10 HAND CHANGE
POSITIONS / SWITCH GRIPS
1 MINUTE REST
X 3 ROUNDS

CORE:
SUPERSET: X 3 ROUNDS
20 WEIGHTED STEP-UPS
(WITH SANDBAG)
(10 EACH LEG)
10 PUSH-UPS
20 DEADBUGS
(10 EACH SIDE)
30 SECONDS
ELBOW PLANK

FINISHER:
10 HIP DRIVES
20 MOUNTAIN CLIMBERS (10
EACH LEG)
20 ELBOW PLANK W/HIP
ROLL (10 EACH SIDE)
30 SECONDS REST
X 3 ROUNDS

COOL DOWN AND
RECOVERY

IMMEDIATELY AFTER THE RUN,
BREATHING DEEPLY FOR 30-
60 SECS PER LEG:

STANDING CALF STRETCH

ACHILLES STRETCH

HAMSTRING STRETCH

SIDE AND RUNNERS

LUNGES

FOAM ROLLING

*ACTIVE RECOVERY

EXAMPLE YOGA/
MOBILITY SET:
60 SECONDS EACH
EXERCISE

CAT/COW

THREAD THE NEEDLE
(EACH SIDE)

DOWNWARD DOG

KICK BACK THEN KNEE
TO NOSE (EACH SIDE)

LIZARD LUNGE
(EACH SIDE)

PIGEON POSE (EACH SIDE)

ON BACK HUG EACH LEG
IN TO CHEST THEN PULL
KNEE ACROSS
BODY TO FLOOR

HUG BOTH KNEES
TO CHEST

BRIDGE/WHEEL

WARM UP

10 INCHWORMS
10 WALKING LUNGES
WITH ARMS RAISED
10 SIDE TO SIDE LUNGES
10 LEG SWINGS FORWARD/
BACK
10 LEG SWINGS SIDE/SIDE
10 ARMS CIRCLES
FORWARD
THEN BACKWARD
10 HAMSTRING SWEEPS

30 SECONDS EACH
MARCHING ON SPOT
ANKLING
ACCELERATION
X 3 ROUNDS

10 MINS EASY JOG

MAIN WORKOUT

10 SQUATS
200M/1MIN+ HILL RUN
X 3 ROUNDS

1 MINUTE REST

10 LUNGES (PER LEG)
200M/1MIN+ HILL RUN
CARRYING THE SANDBAG
X 3 ROUNDS

1 MINUTE REST

FINISHER:
30 BURPEES

COOL DOWN AND
RECOVERY

5-10 MINS EASY JOG

IMMEDIATELY AFTER THE
RUN, BREATHING DEEPLY
FOR 30-60 SECS PER LEG:

STANDING CALF STRETCH

ACHILLES STRETCH

HAMSTRING STRETCH

SIDE AND RUNNERS

LUNGES

FOAM ROLLING

WARM UP

ANIMAL MOVEMENTS:

10M BEAR CRAWL
10M APE WALK
(EACH SIDE)
10M CRAB WALK
10M FROGGERS

3 MINS SKIPPING ROPE
OR
1 MIN JUMPING JACKS
1 MINUTE HIGH KNEES
1 MINUTE BUTT KICKS

MAIN WORKOUT

UPPER BODY:
10 ARM CIRCLES FORWARD AND
BACKWARD
10 ARM SWINGS OPEN AND
HUGGING BODY
10 SHOULDER DISLOCATES
WITH BAND OR STICK
5X NEGATIVE CHIN-UPS (LOWER-
ING FOR 5 COUNTS)
OR
60S DEADHANG WITH
SUPINATED GRIP

10 MIN EMOM WORKOUT:
START EXERCISE EVERY MINUTE
ON THE MINUTE, REST FOR
REMAINDER OF MINUTE
3X PULL-UPS

OR
DEADHANG WITH
6X KNEE RAISES

LOWER BODY:
DEADLIFTS
(8-10 EACH WITH 1 MIN REST)
OVERHEAD PRESS WITH
SANDBAG
(8-10 EACH WITH 1 MIN REST)
SQUATS
(GOBLET OR CRADLING SAND-
BAG, 8-10 EACH
WITH 1 MIN REST)
SANDBAG ROWS
(8-10 EACH WITH 1 MIN REST)
X 3 ROUNDS

CORE:
SUPERSET: X 3 ROUNDS
20 BICYCLE CRUNCHES
20 FLUTTER KICKS

FINISHER:
30 BURPEES

COOL DOWN AND
RECOVERY

IMMEDIATELY AFTER THE RUN,
BREATHING DEEPLY FOR 30-60
SECS PER LEG:

STANDING CALF STRETCH

ACHILLES STRETCH

HAMSTRING STRETCH

SIDE AND RUNNERS

LUNGES

FOAM ROLLING

WARM UP

10 INCHWORMS
10 WALKING LUNGES
WITH ARMS RAISED
10 SIDE TO SIDE LUNGES
10 LEG SWINGS FORWARD/
BACK
10 LEG SWINGS SIDE/SIDE
10 ARMS CIRCLES
FORWARD
THEN BACKWARD
10 HAMSTRING SWEEPS

30 SECONDS EACH
MARCHING ON SPOT
ANKLING
ACCELERATION
X 3 ROUNDS

10 MINS EASY JOG

MAIN WORKOUT

4 MINUTES MODERATELY
HARD / ZONE 3 RUNNING
1 MINUTE RECOVERY JOG
X 4 ROUNDS

1 MINUTE REST

FINISHER:
30 BURPEES

COOL DOWN AND
RECOVERY

5-10 MINS EASY JOG

IMMEDIATELY AFTER THE
RUN, BREATHING DEEPLY
FOR 30-60 SECS PER LEG:

STANDING CALF STRETCH

ACHILLES STRETCH

HAMSTRING STRETCH

SIDE AND RUNNERS

LUNGES

FOAM ROLLING

R
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R
Y

JOHNNY TIEU



Johnny is a Spartan Pro Athlete, Nike trainer, personal trainer, fitness consultant, and running coach. Originally from New York, he's been tackling the norms and making his mark within the fitness industry and racing scene in Asia. He started his OCR journey back in 2012 and has continued to expand his racing experience and portfolio. He has podiumed for 38 races and winning 13 within Asia. Johnny has trained some of the current top elite racers in the OCR community and various sport disciplines. He continues to build communities of individuals of all fitness levels, training together and helping each other surpass their expectations. Johnny's ultimate goal is to elevate and inspire the Asian community of all nationalities.

WEEK 5

LEVEL     

A taste of a weekly routine of an elite competitor. Focus will be on speed endurance, elevation gains, total body intervals, and most importantly the adaptation of the aerobic and anaerobic energy system and capabilities. This will be a balance of strength and cardio base sessions. With proper execution, nutrition, rest and recovery, this will be a week of sweat that you know you'll come back for more.



WORKOUT EXPLANATION

MONDAY: Fartlek Ladder. Fartlek (Time play) - This type of workout is more on effort based speed. Its a mix of easy and hard efforts at different time intervals. Building up threshold speed and anaerobic capacity.

TUESDAY: Metabolic Conditioning - MetCon high intensity effort with foundational movements. Goal is complete all rounds with controlled pace, even as the rep drops and the fatigue sets in. This re-enforces sustained energy and performance.

WEDNESDAY: Recovery. Easy effort session with attention to any part of the body that is sore or needing additonal TLC. Focus will be on activation, Stretching, Mobility, and foam rolling

THURSDAY: Hill Sprints. Hill Session - Time to add in the inclines and elevation. This is consider a strength session for runners. Development of leg strength, endurance, and speed adaptation.

FRIDAY: Strength Endurance - Chipper. You have to complete 50 reps of each exercise. Which one and how many you perform at any given one time is up to you. You have a choice to rest when need and switch up to any exercise as long as you complete 50 reps of each. Focus is quality execution of each body weight movements to build up strength endurance capability for longer sustain efforts.

SATURDAY: EMOM: Every minute on the minute - at the start of every minute you perform the specific rep of the exercise and rest for the remaining time before the next minute. Focus will be to complete each movement with controlled pace and finish with adequate recovery time. Not an all out effort.

SUNDAY: Rest Day - Enjoy the day with family and friends or whatever makes you happy. Can even consider this an active recovery with easy stroll or fun activity.

MON

TUES

WED

THU

FRI

SAT

SUN

WARM UP

ACTIVATION MOVEMENTS:
30 SECONDS EACH

BRING KNEE UP TO
OPPOSITE ELBOW AND
SWITCH

HIP HINGE
(TRY TO KEEP LEGS STRAIGHT
AND REPEAT)

TOUCH TOES, HIPS, REACH
UP OVER HEAD - REPEAT

ANKLE ROTATIONS

JUMPING JACKS

BUTT KICK

HIGH KNEES

EASY 10 MINUTE JOG
GRADUAL SPEED
PROGRESSION

MAIN WORKOUT

EFFORT GUIDELINE:
FAST - YOUR THRESHOLD PACE
(SPEED THAT YOU CAN HOLD
FOR A 10K / 1 HR LONG RACE).
THIS SHOULD NOT BE AN ALL
OUT EFFORT.

EASY - RECOVERY PACE. SLOW
JOG OR CONTROLLED
RECOVERY RUN. WALK IF
NECESSARY, BUT IF YOU HAVE
TO, IT MIGHT MEAN YOU ARE
GOING TOO FAST.

A) 1ST SET:
1 MIN FAST / 1 MIN EASY
2 MIN FAST / 1 MIN EASY
3 MIN FAST / 1 MIN EASY

B) 2ND SET:
-10 BURPEES
1 MIN FAST / 1 MIN EASY
-10 BURPEES
2 MIN FAST / 1 MIN EASY
-10 BURPEES
3 MIN FAST / 1 MIN EASY

C) 3RD SET:
3 MIN FAST / 1 MIN EASY
2 MIN FAST / 1 MIN EASY
1 MIN ALL OUT

COOL DOWN AND
RECOVERY

EASY JOG 5-10 MIN

STRETCH

WARM UP

20 JUMPING JACKS
20 BUTT KICKS
(L AND R LEG IS 1 REP)
20 FRONT JACKS
20 HIGH KNEES
(L AND R LEG IS 1 REP)
20 MILITARY JACKS (OPEN
AND CLOSE ARMS AND
LEGS)

REST: 1 MINUTE

20 SQUATS
20 HAND RELEASE
PUSH-UP
20 V-UPS
20 MOUNTAIN CLIMBER
(L AND R LEG IS 1 REP)
20 SQUAT JUMPS

MAIN WORKOUT

DROP LADDER SET:
START WITH 12 REPS,
WITH EACH ROUND YOU
DEDUCT THE REP BY 1 FOR
EACH OF THE EXERCISE
UNTIL YOU HIT 0

REST AS NEEDED AFTER
EACH ROUND. COMPLETE
AS FAST AS POSSIBLE.
(TIME WORKOUT)

BURPEES
BOX JUMPS
"PULL UPS
(CAN BE MODIFIED WITH
BANDED PULL UP,
SUSPENSION/TRX ROW,
OR REVERSE TABLE/
CHAIR ROW)
ALT JUMPING LUNGES
(LEFT & RIGHT = 1 REP)

COOL DOWN AND
RECOVERY

STRETCH

FOAM ROLL

WARM UP

ACTIVATION MOVEMENTS
30 SECONDS EACH:

LIFTING LEGS BACK TO
OPPOSITE BUTT CHEE
AND SWITCH

BRING KNEE UP TO
OPPOSITE ELBOW
AND SWITCH

HIP HINGE
(TRY TO KEEP LEGS STRAIGHT
AND REPEAT)

TOUCH TOES, HIPS, REACH UP
OVER HEAD - REPEAT

ANKLE ROTATIONS

JUMPING JACKS

BUTT KICK

HIGH KNEES

EASY EFFORT AEROBIC PRIMER.
15-20 MIN RUN/SWIM/ROW/
JUMP ROPE/WALK/STAIR CLIMB

MAIN WORKOUT

ACCESSORY WORK:
REST AS NEEDED. LEVEL UP
WITH WEIGHTS. FOCUS ON
PROPER FORM AND CONTROL
PRIOR TO ADVANCING.

15 HIP BRIDGES (HIP THRUST)
MODIFICATION:
A) ELEVATED HIP THRUST WITH
LOWER BACK ON A BENCH
OR BOX.
B) SINGLE LEG HIP THRUST

15 SINGLE LEG STEP UP
TO KNEE DRIVE

15 SUPERMAN BACK EXTENSION
15 SINGLE LEG FORWARD
AND BACK HOPS (FIND YOUR
BALANCE AND HOLD FOR 2
SECONDS AFTER EACH HOP)
15 SINGLE LEG SIDE TO SIDE
HOPS (FIND YOUR BALANCE
AND HOLD FOR 2 SECONDS
AFTER EACH HOP)
15 PLANK TOE TOUCHES
(LEFT AND RIGHT IS 1 REP)
15 BULGARIAN SPLIT SQUATS
15 COSAK SQUATS
15 SIDE PLANK HIP DIP
X 3 ROUNDS

MULTIPLANAR STRETCHES

CONTROLLED ARTICULAR
ROTATIONS (CARs):
NECK / SHOULDER / HIP
KNEE / ANKLES

FOAM ROLLING:
CALF /QUADS
HAMSTRINGS /GLUTES
LOWER BACK

COOL DOWN AND
RECOVERY

BREATH WORK

WARM UP

ACTIVATION MOVEMENTS
30 SECONDS EACH:

LIFTING LEGS BACK TO
OPPOSITE BUTT CHEEK
AND SWITCH

BRING KNEE UP TO
OPPOSITE ELBOW
AND SWITCH

HIP HINGE
STAND UP STRAIGHT AND
BEND FROM THE
HIPS TO BRING CHEST
PARRALLEL TO THE
GROUND. WILL FEEL
STRETCH ON HAMSTRING
(TRY TO KEEP LEGS
STRAIGHT AND REPEAT)

TOUCH TOES, HIPS, REACH
UP OVER HEAD - REPEAT

ANKLE ROTATIONS

JUMPING JACKS

BUTT KICK

HIGH KNEES

EASY 10 MINUTE JOG AND
2 EASY EFFORTS UP A
HILL.

MAIN WORKOUT

ROUTE: FIND A
GRADUALLY LONG HILL
THAT WILL TAKE YOU
ABOUT 1MIN TO 1:30 TO
GET TO THE TOP RUNNING
HARD. NOT TOO STEEP
AROUND 15-20% INCLINE.

WORKOUT: 15 X 1MIN
THRESHOLD PACE UPHILL

RECOVERY: EASY JOG
DOWNHILL BACK TO
START.

NOTE: THIS SESSION DOES
NOT MEAN ALL OUT
EFFORT. THIS IS A
CONTROLLED HARD
PACE UP THE HILL AND
SOMETHING THAT FEELS
ABOUT 85% AND CAN BE
REPEATED.

COOL DOWN AND
RECOVERY

EASY JOG 5-10 MIN

STRETCH

WARM UP

20 JUMPING JACKS
20 BUTT KICKS
(L AND R LEG IS 1 REP)
20 FRONT JACKS
20 HIGH KNEES
(L AND R LEG IS 1 REP)
20 MILITARY JACKS (OPEN
AND CLOSE ARMS AND LEGS)

REST: 1 MINUTE

5 MIN AMRAP
AS MANY ROUNDS AS
POSSIBLE OF EACH EXERCISE
IN THIS ORDER:

5 SQUATS
5 HAND RELEASE PUSH-UPS
5 V-UPS
5 MOUNTAIN CLIMBERS
(L AND R LEG IS 1 REP)
5 SQUAT JUMPS

MAIN WORKOUT

COMPLETE 50 REPS
OF EACH EXERCISE.
WHICH ONE AND HOW MANY
YOU PERFORM AT ANY GIVEN
ONE TIME IS UP TO YOU.
REST AS NEEDED AND
SWITCH UP TO ANY EXERCISE
AS LONG AS YOU COMPLETE
50 REPS OF EACH:

*TIMED CIRCUIT -
COMPLETED AS FAST
AS POSSIBLE WITH
PROPER FORM

- SQUATS (CAN BE WIDE,
NARROW, REGULAR)
- PUSHUP TOE TOUCHES
(PUSH UP AND TOUCH ONE
FOOT WITH OPPOSITE HAND.
THAT IS ONE REP)
- V-UPS
- PULL UPS (CAN BE ANY
GRIP OR SWITCH TO
NEGATIVE PULL UP WHERE
YOU JUMP UP AND COME
DOWN SLOW AND
CONTROL IF FATIGUED)
- PLANK SHOULDER TAP
(L AND R LEG IS 1 REP)
- JUMPING LUNGES
(L AND R LEG IS 1 REP)
- TRICEP DIPS
- EXPLOSIVE JUMPING JACKS
- FEET LEAVES THE GROUND
AS YOU'RE HAND COMES
TOGETHER OVERHEAD.
- STEP UP (50 ON EACH LEG)
- BURPEES

COOL DOWN AND
RECOVERY

STRETCH

FOAM ROLL

WARM UP

20 JUMPING JACKS
20 BUTT KICKS
(L AND R LEG IS 1 REP)
20 FRONT JACKS
20 HIGH KNEES
(L AND R LEG IS 1 REP)
20 MILITARY JACKS
(OPEN AND CLOSE ARMS
AND LEGS)

REST: 1 MINUTE

20 SQUATS
20 HAND RELEASE
PUSH-UP
20 V-UPS
20 MOUNTAIN CLIMBER
(L AND R LEG IS 1 REP)
20 SQUAT JUMPS

MAIN WORKOUT

EMOM EVERY MINUTE
ON THE MINUTE - AT THE
START OF EVERY MINUTE,
PERFORM THE EXERCISE
AND REST FOR THE
REMAINING TIME BEFORE
THE NEXT MINUTE.

COMPLETE THE ODD AND
EVEN MINUTE WORKOUT
IN EACH SECTION.

REST 2-3 MINUTES AFTER
EACH SECTION

A) 8 MIN EMOM
EVEN - 15 JUMP SQUATS
ODD - 20 PLANK
SHOULDER TAPS
(EVERY HAND COUNTS)

B) 8 MIN EMOM
EVEN - 20 DEEP SQUATS
- HAND ON YOUR SIDE,
SQUAT DOWN TIL YOU
TOUCH THE FLOOR
ODD - 20 ICE SKATERS -
SIDE TO SIDE LATERAL
LEAP (LEFT & RIGHT = 1
REP)

C) 8 MIN EMOM
EVEN - 15 KNEE TUCKS
ODD - 10 BURPEES"

COOL DOWN AND
RECOVERY

STRETCH

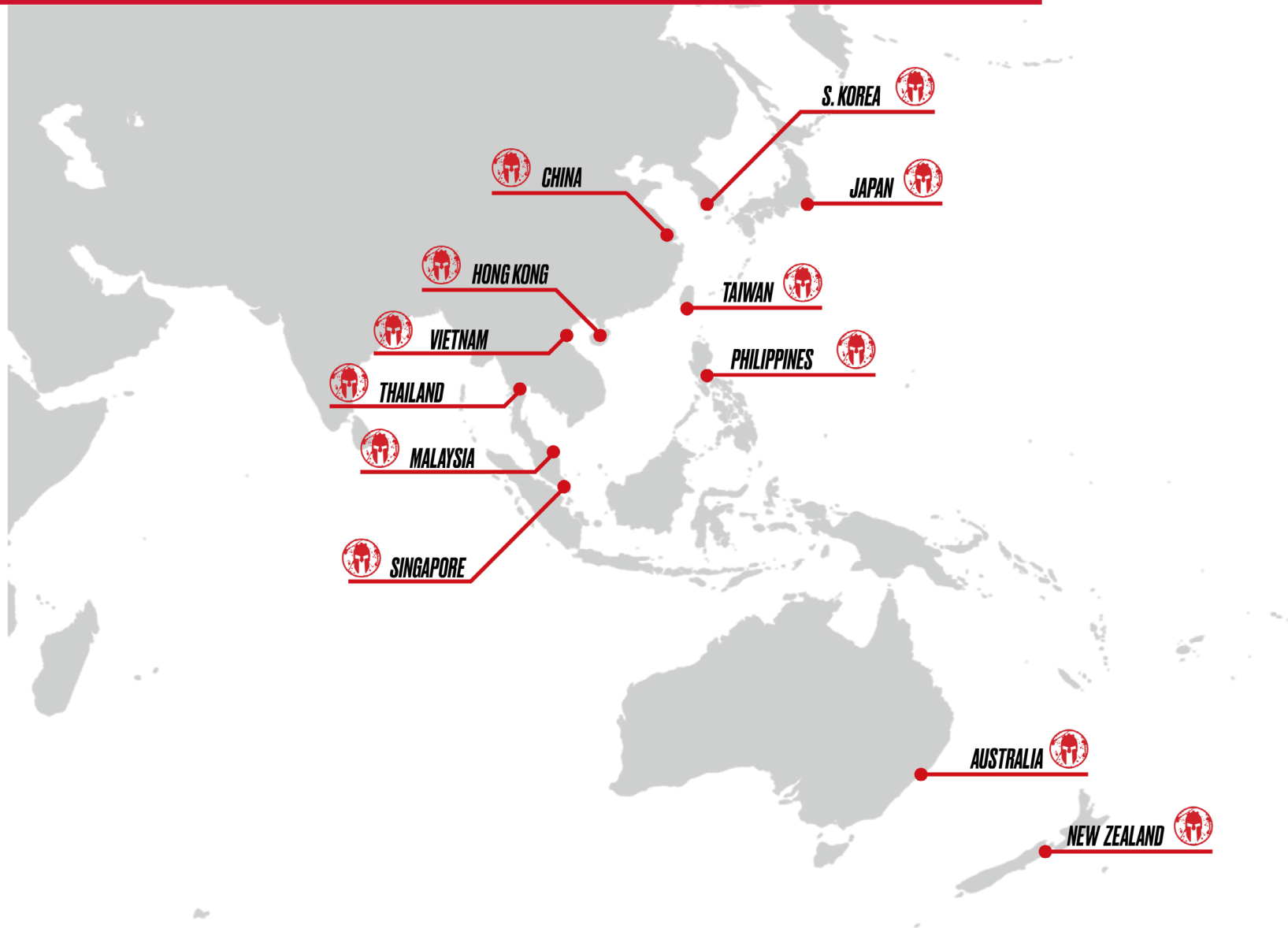
FOAM ROLL

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234 Congress Street, 4th fl. Boston, MA 02110
www.spartan.com