WWW.SPARTANRACE.IT

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
1	10 min brisk walk 1 min jog 3 min walk [repeat all 5 times] Finish with Mobility 1 Exercises	Dynamic Warm-up 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] Finish with Mobility 2 Exercises	10 min brisk walk 2 min jog 1 min walk [repeat all 3 times] 50 yd sandbag carry 10 squats 10 sandbag deadlifts 1 min rest [repeat all 3 times] Finish with Mobility 1 Exercises	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.	10 min brisk walk 1 min jog 3 min walk [repeat 5 times] Finish with Mobility 1 Exercises	Dynamic Warm-up 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] Finish with Mobility 2 Exercises	Recovery - Buy the ingredients for your 15-lb sandbag and build it. [See Page 2]
WEEK 2	10 min brisk walk 2 min jog 3 min walk [repeat all 4 times] Finish with Mobility 1 Exercises	Dynamic Warm-up 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] Finish with Mobility 2 Exercises	10 min brisk walk 2 min jog 1 min walk [repeat all 3 times] 50 yd sandbag carry 10 squats 10 sandbag deadlifts 1 min rest [repeat all 3 times] Finish with Mobility 1 Exercises	Recovery - Read the training content at: http://www.spartanrace.it/en/training/spartan-training/spartan-sprint-training-plan	10 min brisk walk 2 min jog 3 min walk [repeat 4 times] Finish with Mobility 1 Exercises	Dynamic Warm-up 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] Finish with Mobility 2 Exercises	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?
3	10 min brisk walk 3 min jog 2 min walk [repeat all 4 times] Finish with Mobility 1 Exercises	Dynamic Warm-up 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] Finish with Mobility 2 Exercises	10 min brisk walk 2 min jog 1 min walk [repeat all 3 times] 50 yd sandbag carry 10 sandbag squats 10 sandbag deadlifts 1 min rest [repeat all 3 times] Finish with Mobility 1 Exercises	Recovery – Research the health benefits of meditation.	10 min brisk walk 3 min jog 2 min walk [repeat 4 times] Finish with Mobility 1 Exercises	Dynamic Warm-up 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] Finish with Mobility 2 Exercises	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?

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WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
4	10 min brisk walk 4 min jog 2 min walk [repeat all 5 times] Finish with Mobility 1 Exercises	Dynamic Warm-up 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] Finish with Mobility 2 Exercises	10 min brisk walk 2 min jog 1 min walk [repeat all 3 times] 50 yd sandbag carry 10 sandbag squats 10 sandbag deadlifts 1 min rest [repeat all 4 times] Finish with Mobility 1 Exercises	Recovery – Read Spartan Up! By Spartan Race Founder Joe De Sena	10 min brisk walk 4 min jog 2 min walk [repeat 5 times] Finish with Mobility 1 Exercises	Dynamic Warm-up 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] Finish with Mobility 2 Exercises	Recovery – Research the health benefits of high-intensity training.
5	10 min brisk walk 5 min jog 2 min walk [repeat all 5 times] Finish with Mobility 1 Exercises	Dynamic Warm-up 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] Finish with Mobility 2 Exercises	10 min brisk walk 2 min jog 1 min walk [repeat all 3 times] 50 yd sandbag carry 10 sandbag squats 10 sandbag deadlifts 1 min rest [repeat all 5 times] Finish with Mobility 1 Exercises	**Run your Spartan Sprint!** Find a race near you: http://www.spartanrace.it/en/race/find-race			

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.

Or get one of your own, Spartan Pancakes at shop.spartan.com

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DYNAMIC WARM-UPS

Warm-ups are not a race or a competition. They should focus on con-trolled 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. Bring one knee up toward your chest, bringing the foot across to the outside of the opposite leg.
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.