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Congratulations. You've picked a date and are committed to running a Spartan race for the first time. Youve already done what most people are too afraid to do. Now comes the next stage: preparation.Train for Your First Spartan RaceWhile training for your first Spartan race isnt exactly brain surgery, we recommend mastering a few specific movements before stepping on the course. Do these simple moves a few times per week for 1-2 months prior to the race.Move #1:Dumbbell Burpee ClusterMuscles Targeted: Full bodyHow to Do It:Stand holding one light dumbbell in each hand with your arms by your sides. Get into a push-up position while gripping the dumbbells. Next, do a push-up (optional) and stand up into a squat clean. Stand so the dumbbells are at shoulder height and your hips are below your knee creases (below parallel). Now, press the weights overhead as you stand fully erect. Return the weights back to your sides. Thats one rep.More Workouts: The 10 Best Exercises for a Dynamic Warm-UpMove #2:Inverted Row/Pull-UpMuscles Targeted: Back, biceps, absPull-ups are a key exercise in training for a Spartan race, but if you cant do one yet, thats OK. Try the inverted row instead.How to Do It:Set up a Smith machine bar (or a barbell in a power rack) so its 3-4 feet off the ground. Lie down supine (flat on your back) underneath the bar with your eyes under the bar and your feet away from it. Reach up and grab the barbell with a pronated (overhand) grip, and position your body so your arms are extended straight, your feet are on the ground, and your body is rigid (in a straight line) with about 6 inches between your body and the ground.Keeping your elbows straight, pull yourself towards the bar until your chest touches, or is close to, the bar. Pause at the top, and then return your body to the starting position under control. Thats one rep.More Workouts:The 30 Best Exercises for Functional Strength and MobilityMove #3:Bear CrawlMuscles Targeted: Full bodyHow to Do It:From the top of a push-up, step the right foot forward but not outside of the right arm as you simultaneously move your left hand forward in front of you. Next, do the same with the opposite arm and leg. Continue this for 50 yards prior to a cardio or weightlifting workout to work on functional strength and get warmed up.Move #4: Ninja JumpsMuscles Targeted: Legs, absHow to Do It:Stand with your feet shoulder-width apart, with your arms extended in front of you at eye level. Jump, with both knees, vertically so your kneecaps touch your palms. Land softly in a quarter-squat position. Thats one rep. Repeat for as many reps as possible in 30-45 seconds. This plyometric exercise develops the adequate power necessary to scale walls, do box jumps, and climb stairs quickly.More Workouts:The 12 Best Exercises for Your BackMove #5: Walking LungeMuscles Targeted: Glutes, legs, absHow to Do It:You can do this as a bodyweight exercise, use a dumbbell/kettlebell in each hand, place a barbell on your back (not in front of you), or put a sandbag on your back or on top of one shoulder. Stand with your feet hip-width apart, and then step forward with the right leg so your left knee is 1-1 inches off the ground. Step your left leg forward and next to the right leg as you stand fully erect again. Repeat on the other side. To increase difficulty, dont step the trailing leg next to the lead leg: Keep moving it forward and step past the lead leg. This is a continuous motion and requires good balance.More Workouts:The 20 Best Exercises for Your ShouldersMove #6:Single-Leg Kettlebell DeadliftMuscles Targeted: Legs, absHow to Do It:Stand while holding a kettlebell in your right hand, in front of your right leg. Flex the hips and lift your left leg off the ground behind you, raising it as high as you can while keeping your balance. As you do this, lower the bell in front of your right leg, keeping it close to the body. Return your left leg to your right leg and bring the bell back to the starting position. Do 10 reps on the right leg, and then switch to the left leg. To increase difficulty, dont step the leg thats off the ground back to the floor: Balance on one leg throughout the entire movement. This is a great stability exercise that readies the ankles, knees, and hips for the demands of uneven terrain on a mountainous Spartan course.More Workouts:The 20 Best Exercises for Your Legs Move #7:Kettlebell SwingMuscles Targeted: Lower back, legs, abs, shouldersHow to Do It:Grab a bell thats in front of you on the ground. Drag the bell back between your legs, hinge at the hips, pop your hips forward, and swing the bell to eye level. Thats one rep. Bring the weight back down between your legs, under control, and repeat the motion.More Workouts:12 of the Best Bodyweight Exercises for Functional StrengthMove #8: Kettlebell Goblet SquatMuscles Targeted: Legs, absHow to Do It:Stand while holding one kettlebell with two hands, with one hand on each side of the handle, in front your chest. Your elbows should be bent, meaning your arms are not extended straight in front of you. Keeping the bell close to the front of your body, squat down until your thighs are parallel to the ground. Explosively push your hips vertical until you reach the starting position. Thats one rep.Move #9:Push-Up (Side to Side)Muscles Targeted: Chest, triceps, shouldersHow to Do It:Do 1 push-up. Then, from the top of the push-up position, move your left hand horizontally out about 3-4 inches. Do another push-up. Return your hand to the starting position (shoulder-width apart), and then do a standard push-up. Now, move your right hand out 3-4 inches and do another push-up. Return to the starting position and do a push-up. The best way to do these is to set a timer for 30-60 seconds and do as many possible, going from middle, left, middle, right.Move #10: BurpeeMuscles Targeted: Full bodyHow to Do It:To do a burpee, get on the ground in a chest-to-deck position. Your chest should be touching the ground, your legs should be straight, and your palms should be on the ground as if youre going to do a push-up. Next, do a push-up while moving your feet under your body so you end in a squat, with your hands on the ground. Finally, jump up with a straight body and your hands over your head. Thats one burpee.The most attractive thing about Spartan racing is that you dont have to follow a specific training plan to prepare. Everyone starts at a different fitness level and brings their own strengths and weaknesses. That said, these movements represent the universals that will help you on any Spartan course, where it's a Sprint, Stadion, or Beast. In Ancient Greece, the Spartans were worshipped for their physical and mental strength. The soldiers life began in their infancy; weak babies had no place in the military training. At the age of 7 boys were put into Agoge, a rigorous training regime which shaped them into fearless, skilful warriors. Their test of endurance involved flogging, an assessment of boys bravery and pain resilience.Nowadays the ancient Spartan army serves as an inspiration to men and women looking to improve their physical and mental fitness. The Spartan Race was created to test just that: Spartans arent soft. They overcome obstacles. And yes, Spartans burpee.Download: PDF InfographicClick on this linkSpartan Trainning 30 days to get ready for your Spartan RaceWhat is a Spartan Race?Known as the worlds best obstacle course, Spartan Race is a series of events, taking place around the World, from the USA, Canada and Europe to Australia and South Korea. The races vary in their length and difficulty, ranging from 3+ miles to marathon distances.Spartan Race is also a philosophy, a community, a training regime and nutrition program. It was founded by Joe De Sena, a world-class adventure racer, with a mission to create a challenging, but enjoyable outdoor event any active person can take part in. What obstacles does the Spartan Race have? A Spartan workout plan should include a lot more than running. Besides already mentioned running, or walking, obstacle racing includes various barriers competitors have to cope with. From strength exercises (atlas carry, bucket brigade, Hercules hoist, tire drag) and calisthenics events (ropeand climbs, wall jumps) to adrenaline-like challenges which consist of barbed wire crawl or fire jumps.Am I fit enough to finish a Spartan Race?Spartans prove their fitness through actions, not words. Any active person, who can embrace the latter and is not afraid to get dirty, can prepare for a Spartan Race. Your obstacle course experience will be much more enjoyable if you have a certain level of physical fitness; you regularly do sports such as running, fitness, crossfit, hiking, calisthenics, etc.Spartan Race offers several different levels and distances you can choose from based on your mental and physical capabilities. So how do you train and prepare for a Spartan Race?Choose a goal: Spartan Race types There are several types of Spartan Race you can choose from. Most of them vary in the distance and numbers of obstacles.Spartan sprint is the shortest. The distance is usually 3+ miles, which actually means it can also extends up to 5+ miles. The Spartan Sprint delivers over 20 different obstacles. This race is appropriate for rookies, people who havent experienced obstacles racing before. Spartan Super is an 8+ mile course with over 25 obstacles. If you find the Sprint distance too short, Super is a good test before you head on to greater lengths.Spartan Beast is, as the name suggest, a more challenging version of the race. With 12+ miles and 30+ obstacles, the race is appropriate for seasoned Spartans. Apart from the longer distance and the obstacles, the terrain is carefully chosen to make the race even more challenging. Spartan Trifeca is a series of all three races above. After you collect medals from the Sprint, Super and the Beast, in one calendar year, you become a member of Trifeca tribe.Stadium Series are sprint races for Spartans who prefer to stay clean. Those races have no muddy terrain apart from the football stadium. Spartan Honor Series are races held at Americas military bases.Besides the typical Spartan Races, the company offers even more adventures and gruelling obstacle races the endurance events. Spartan Ultra Beast is not your average competition. There are certain terms you have to accept before signing up for this event. The distance is a two-time Beast: 26+ miles, which means 41.8 kilometres and resembles the classic marathon distance. The race holds over 60 obstacles. As the name suggest, the course is appropriate for extreme level athletes only. A special kind of discomfort is Spartan Agoge, a 60-hour event.If you prefer racing with a support of your friends, youll might like Hurricane Heat, a team based event. The more difficult version of this event lasts for 12 hours.What equipment do I need?You will get wet and dirty, but for shorter distances, any sportswear will do good. Choose a more resilient material, so your clothes dont get ripped right away. Gloves, even the cheap ones for gardening, will come in handy for hand protection. When it comes to footwear, pick the shoes for terrain or cross-country running which offer a good grip and stable heel.How to train and prepare for a Spartan Race? Spartan Races are predominately endurance events, but that does not mean you should train nothing but running. To be more efficient in the latter and be able to overcome the obstacles, having a certain level of strength and muscle mass is essential. Spartan training should be a mix of endurance, strength, coordination and agility. While physiological attributes are definitely important, a love for outdoors and a desire to embrace the discomfort, such as dirt, moisture and the weather changes, matter even more.Your Spartan Race preps should be versatile. If you are doing crossfit and your program includes running sessions you are on a good way to easily finish the Spartan Sprint/Super.Try fartlek and cross-country running Running is important, but make sure you leave the city and do the training outdoors, in the woods, fields or even in the mountains, on a natural terrain such as dirt, sand or grass. One great form of training is fartlek, a mix of speed and slow pace running, usually done in a cross-country style. If possible, find a mountain and also do a longer hike once a week.Find local trim trails Trim trail is a great way to experience a glimpse of obstacle racing. Besides running, trim trails offer a series of stations with rigs, pull up bars, jumping obstacles, balance beams and more. Get creative outdoorsWhile going to a nearby forest, look for bigger stones and tree trunks which you can use as an odd object carry training. Pick them up and perform interval (uphill) sprints.Do not neglect strength training Pay a visit to the gym at least twice a week and perform basic strength exercise; squats, deadlifts, shoulder presses, pull ups, push ups, dips, etc. Add unilateral exercise such as one legged deadlifts, dumbbell rows and kettlebell snatches. Your body will feel, and perform, much better on a versatile training regime than on running-only workout plan.Get comfortable with versatile movementsBesides running and lifting, Spartan Race includes movements such a climbing, hanging, pushing and pulling/dragging. Try primal movement training as well as calisthenics. From time to time, visit a rock climbing and bouldering gym.Do burpeesYou simply cant avoid doing burpees. Add them to your fartlek or outdoor training, or perform set of 50-100 after strength session. No matter what you do or how do you prepare for a Spartan Race, dont neglect recovery, rest, flexibility training and nutrition. A successful Spartan is also a healthy Spartan. Embarking on your first Spartan Race? Congratulations, you brave soul! To ensure you emerge victorious (or at least not too covered in mud), weve compiled a list of 12 of the most essential tips for your first Spartan Race. Brace yourself for a journey filled with hills, burpees, and unexpected camaraderie. Preparation is Paramount: Pack a change of clothes and post-race shoes, and avoid leaving gear in the car overnight. Master Spartan Terrain: Be ready for hills, adopt a forward lean, and train with hill sprints and strength exercises. Burpees: Race Defining Penalty: Practice 30 burpees, but anticipate race day challenges and fatigue, which may extend the time. Spear Throw Precision: Perfect the spear throw with tire practice, a balanced approach, correct grip, and a spin. Navigate Heavy Loads: Carry sandbags on your shoulders, not your neck, and maintain proper form for various heavy loads. Embrace the Cold Challenge: Jump in, jog slowly to regain pace, and test nutrition options for varying race lengths. Endurance Beyond Obstacles: Watch obstacle tutorials, hit the gym for Spartan-like exercises, and focus on overall endurance. Cardio Mastery: Integrate burpees into runs, incorporate weekly hill or stair training, and address uphill and downhill sections. Overcome Heights: Practice climbing ladders to conquer fear, choose moisture-wicking fabrics, and pack hand warmers for colder races. Strategic Approaches to Obstacles: Seek tips like divots for tire flips, use alternative positions for bucket brigade, and fuel properly for longer distances. Mental Race Breakdown: Set small goals, reward achievements, embrace teamwork, and build connections within the welcoming Spartan community. Embark on your first Spartan Race adventure with thorough preparation and strategic insights. From gearing up for the challenges ahead to conquering the Spartan landscape, facing penalties, and fostering teamwork, this list of tips for your first Spartan Race covers every aspect to ensure your success on race day. Preparation is key when gearing up for your first Spartan Race. Start by bringing a change of clothes; your post-race self will undoubtedly thank you. Dont forget to pack post-race shoes because, lets face it, your stuff is going to be gross. And heres a pro tip: dont leave your post-race gear in the car overnight; trust us, it wont throw its own after-party. When it comes to tackling the Spartan terrain, be prepared for hills lots of them. Approach them with a slight forward lean and stay on your toes. A recommended workout regimen includes hill sprints paired with push-ups, squats, and jumping lunges to build the necessary endurance. The infamous burpees, the unforgiving penalty for failed obstacles, can make or break a race. Practice 30 burpees in the gym, but keep in mind that race day brings hills, competition, and fatigue 30 tired burpees take 3-5 minutes. Perfecting the spear throw, another challenge on the Spartan course, requires practice. Use a broomstick on an old tire, walk when you approach the spear throw, find balance, grip it right, and throw with a spin. Carrying heavy loads is an inevitable part of Spartan Races. Whether its hills plus sandbags or navigating through obstacles with heavy balls, proper form is crucial. For sandbags, carry them across your shoulders, not your neck. Embrace the cold challenge by jumping in as far as you can and jogging slowly to regain your pace. As for nutrition, test everything before race day and adjust based on the race length gels, bars, and water packs are your allies. Cardio is key incorporate weekly training runs with hills or stairs because both the uphill and downhill sections matter. Burpees should be integrated into your runs; failing an obstacle means stopping for a predetermined amount. Endurance is not just about conquering obstacles but being prepared for a ton of running. Do your homework by watching online videos for obstacle tips, especially focusing on the rope climb tutorial. Hit the gym for Spartan-like obstacles and remember, its not just about weights; lifting heavy with deadlifts, farmers carries, push-ups, and pull-ups will build the necessary upper body strength. Get over your fear of heights by practicing climbing up and down a ladder to get comfortable. Choose clothing wisely by opting for moisture-wicking fabrics, especially in rainy or water obstacle conditions. For colder temperatures, pack hand warmers to prevent numb hands. Make obstacles easier by looking for tips like divots for tire flips or alternative bucket brigade positions. Fuel properly for longer distances with a hydration backpack and nutrition like gels and energy waffles. Create small goals to break down the race mentally; reward yourself with small achievements along the way. If youre competing in the open category, dont hesitate to do it with friends teamwork makes the dream work. And finally, make friends with other competitors; the Spartan community is welcoming and inspiring, offering support when you least expect it. Race in the open category and get help from other competitors. Team up with friends to boost each other over obstacles, flip tires, and share the weighted load. The camaraderie in the Spartan community can turn challenging moments into shared triumphs. Dont go it alone conquer the race together! And finally, make friends with other competitors; the Spartan community is welcoming and inspiring, offering support when you least expect it. Gearing up for your first Spartan Race requires meticulous preparation. Pack wisely, master the varied terrain, and be ready to face the challenges of burpees and the cold. Strengthen your spear throw, navigate heavy loads with proper form, and build endurance through strategic cardio training. Overcome fears, strategize obstacle approaches, and embrace the supportive Spartan community. Racing with friends adds a powerful element of teamwork, turning obstacles into shared triumphs. As you embark on your Spartan journey, hopefully this list of tips for your Spartan Race helps you prepare! Armed with knowledge and camaraderie, charge forward, conquer the race, and savor the taste of victory. Spartan on! Ensure you bring a change of clothes, post-race shoes, and avoid leaving gear in the car overnight. Be ready for hills by incorporating hill sprints, forward lean, and strength exercises into your training regimen. Practice 30 burpees in the gym, but be prepared for race day challenges and fatigue, which may extend the time. Perfect the spear throw with tire practice, a balanced approach, correct grip, and a spin. Race with friends, collaborate on obstacles, and embrace the supportive spirit of the Spartan community, turning challenges into shared triumphs.So, how do you build race-ready strength and power? We asked a handful of Spartan SGX trainers to identify the key upper-body and grip-strengthening moves every first-time Spartan needs to master.Start with five rounds of at least two of the exercises below, three times a week, for at least a month leading up to the race (two months is even better). Rest one minute between each exercise. You can do this as a complete workout, part of a bigger strength training program, or as a finisher after a run. Its important to change up the exercise combinations so you dont overwork specific muscles and risk injury. And even though itll be tempting to cram as much training in leading up to the race, your body will get stronger faster if you rest for a day or two a week as well.Spartan Race Training: #1 Inverted RowWhen youre training for your first Spartan race, you cant go wrong with any kind of pull-up, says Ferguson, whose gym in Roanoke, Virginia, specializes in prepping clients for obstacle races. He suggests the inverted row as your go-to upper body move.How to do it: Position a bar in a rack so its approximately waist high. Take a slightly wider than shoulder-width overhand grip, and slide your body under the bar, hanging directly under it and facing the ceiling. Your shoulders, body, hips, and legs should all be in a straight line with heels on the ground. Pull yourself up to the bar until your chest touches. Lower yourself back down slowly and repeat. Thats one rep.Do as many as you canthats one round. When starting, you may only be able to do one rep. Thats fine, says Ferguson. Youll improve quickly.Spartan Race Training: #2 Burpee Pull-upThe burpee is the signature exercise of Spartan. Its the penalty if you dont complete an obstacle, and its a great overall strength and cardio exercise, says Spartan SGX trainer Brenda Hager of DSC Fitness in Long Island, New York.However, she recommends a twist on the traditional moveadding a pull-up. This will help with grip strength, and it gets you used to pulling up your entire body weight, which is something that many obstacles require.How to do it: Stand tall under a pull-up bar. Quickly lower your hips and place hands on the ground in front of your feet, then kick your feet out behind you into a pushup position. Complete a pushup, with your chest touching the ground. Jump your feet back under your hips, stand up tall, look up, and jump to grab the bar. Either do a pull-up or just make sure you have a good grip with both hands. Drop feet back to the ground. Thats one rep. Do as many as you can each round.Spartan Race Training: #3: Dead HangsAll variations of pull exercises will increase grip strength and endurance, says Kasey Meunier, a Spartan SGX coach at Outside the Box Fitness in Wilmington, North Carolina. This will allow you to hoist heavy weight, pull yourself up ropes and over walls, and drag yourself through the thickest of mud!How to do it: Meunier recommends starting off with dead hangs, often called straight-arm hangs. Perform three reps, holding for max timethat is, hang onto the bar for as long as you can. Make sure you time yourself. Rest for a minute between each rep. Then complete five reps, holding for half your max time. Again, rest for a minute between each rep.Meunier advises retesting your max time every two weeks and adjusting your half-max time accordingly. As you build up ability, she suggests performing these alongside another pull-up of choice, such as a bent-arm hang.Spartan Race Training: #4 Unstable Isometric-Static Pull-Up HoldThis exercise will help you master the rope climb, Atlas Stones, and up-and-downs, says Scooch Pascucci, owner of Scoochs Health and Fitness in Norristown, Pennsylvania, which specializes in obstacle course race training.The unstable isometric-static hold works grip strength and also strengthens your shoulder girdle, he says, making it strong enough to complete any climbing, pulling, or hanging obstacle.How to do it: For the beginner, hold yourself at the top of a pull-up position. If youre not physically strong enough to hold yourself up, Scooch suggests getting your trainer to connect bands to your knees to lighten the weight. Intermediate and advanced athletes can wrap a towel or a band around the pull-up bar and hold themselves up statically in this position. Hold as long as you canthats one rep. Do as many reps as you can, resting a minute between each.You use an unstable environment, Scooch explains, because the entire course is unstable and you should be trained to prepare for this. Most of the obstacles you will come across in a Spartan race will mimic if not depend on this movement to complete tasks in a timely fashion.Spartan Race Training: #5 Hand-Over-Hand Sled PullGrip strength and recovering quickly from an obstacle that requires high metabolic demand are two of the most important components to any Spartan training program, says Andrea Bowden, Spartan SGX coach, OCR specialist, and founder of Next Level Fitness Training in Oregon. I like weighted pulls sandwiched between running.How to do it: For the hand-over-hand sled pull, use ropes of varying thickness as you never know what youll get at a race, says Bowden. Attach a rope onto the sled and grip the end of the rope with no slack. Sit still on a mat and practice using both arms with equal time hand over hand, pulling the sled toward you.Try not to dominate with one arm, Bowden suggests. Also, try to pull one-armed. In other words, hesitate before allowing the second arm to assist the pulling arm.By the time the sled reaches you, the rope will be bunched behind you. Grab the end of it and run to where the sled was before you began pulling. Ensure the rope is without slack and start again.Do two reps and then ditch the rope and go for a run. Depending on what your training goals are and the environment youre training in, you can run around the block or sprint through the parking lot, Bowden proposes. I dont use the treadmill but it certainly can be used if thats whats available.Dont overdo it, though, she says. Keep running drills short and simple and use them to help with any stiffness developed in the sled workout.Be smart, stay safe, and build up the strength to make this Spartan race the first of many. Whether youre looking to get in shape, seek a new challenge, or youre a seasoned OCR competitor, setting up a plan to train for a Spartan Race is a critical step in getting ready. Since we dont know exactly what well be facing on the course, we need to be ready for anything! However, there are a few commonalities that all Spartan Races include, and this Spartan workout plan will prepare you for your obstacle race. After analyzing my Spartan training journals from my last few races (and comparing them with other competitors), it became clear the things that really work. Lets start by discussing a basic split. I find that 2 days per week of dedicated resistance training (circuit-style) and two days per week of dedicated running (plus burpee) training tends to work well as a general program. The following sample workout split tends to work the best in preparation for a Spartan Race: Monday: Resistance training circuits Tuesday: Running + Burpees (shorter session) Wednesday: Rest or take active recovery Thursday: Resistance training circuits Friday: Rest or take active recovery Saturday: Running + Burpees (longer session) Sunday: Rest or take active recovery Of course, it is acceptable to move days around as your schedule allows. In this article, well delve into which exercises you should include in your resistance training sessions, and how to build cardiovascular fitness to thrive out on the course! In any athletic event, its important to focus your training around the exercises that will have the biggest direct impact on performance. Just like heavy squats and bench presses have a high carryover to the game of football, the following three exercises will have the highest level of carryover to a Spartan Racer. Spend the bulk of your training time on these exercises: Jumping over some fire at the end of my first Spartan Race in 2016. I have seen strong, capable lifters get crushed by Spartan Races. Why? The number one problem I see in the world of training for Spartan Races (or similar obstacle course race-type events) is forgetting that its a running event. Think about it. If youve got 25 obstacles to cross over 6 miles, you must be capable of running 6 miles as a baseline. Ideally, youd be capable of running the distance of the race on your worst day, since running a 6-mile Spartan Race with obstacles is quite a bit tougher than just finishing a 10k race. Spartan Races are also notorious for including steep hills in their courses. Remember that what goes up must come down! Many Spartan Race training plans published online focus almost entirely on the obstacles. This is a mistake. While its important to focus on obstacles, remember that you will be running the entire time! You will want to be a fairly proficient runner if you plan on working through a Spartan Race. Running Standard: Be able to run the distance of the race without getting sore or gassed. Pull-ups are one of the three essential exercises for getting through a Spartan Race. I did an analysis of my last two Spartan Races, going over the obstacles in my mind. While I didnt have a complete list in front of me, I estimated that about 80% of the obstacles involved hanging, wall / rope climbing, or pulling something down from overhead. If youre great at pull-ups, awesome! If youre not, youre going to want to invest some time in getting good at them. Seriously, do pull-ups. While building back strength through general exercises like row variations and lat pull-downs is not a bad idea, the pull-up will have the greatest carryover to Spartan Racing, because of the technique involved. Pulling your body through space is quite a bit different than pulling a weight while your body is stationary. As a side benefit, you should see quite a boost in grip strength (also important for OCR racing) by doing pull-ups. Pull-Up Standard: Be capable of completing around 10 pull-ups (men) or 10 band-assisted pull-ups (women). Youll probably have to do numerous sets of burpees in your race, so youd better practice them! Last but not least, the not-so-humble burpee makes an appearance in the top three exercises for Spartan Racers. Why? Because youll probably do a bunch of them during the race. Its been hypothesized that the average Spartan Racer will do 60-90 burpees during the race. This includes penalties for missing an obstacle (spear throw, anyone?) as well as burpees required for finishing events (such as the Atlas Stone carry). This presents a problem burpees are known for their ability to crush people. Remember that youre not just completing a set of normal burpees. Youre starting the set winded and tired. Then when youve finished your burpees, you need to go back to running! Yeesh. For specificitys sake, I find its often best to incorporate burpees into a normal running workout, rather than doing them separately (more on that later). For extra specificity, try doing burpee and pull-up workouts as a superset. Burpee Standard: Be able to complete 2-3 sets of 30 burpees within a single workout. The following exercises are also important, but just not quite as paramount as the top three. While someone who is proficient at running, pull-ups, and burpees will likely be able to finish a Spartan Race, someone who is also versed in performing these secondary exercises will thrive out on the course: Doing the bucket carry obstacle. If youve participated in a Spartan Race before (or even if youve watched YouTube videos on the subject), youve no doubt seen videos of sweaty warriors slogging buckets full of rocks up hills, hauling Atlas stones across fields, and throwing sandbags on their shoulders or backs. Loaded carries are a part of the race, and it will pay dividends to at least practice them in an endurance context. While there are certain techniques to improve efficiency and stave off fatigue in specific events, being good at carrying a semi-heavy object up and down a hill or across a field will pay off. Loaded Carry Standard: Be able to carry a 45-65 lb object for 5 minutes straight. Deadlifts are a very useful exercise for Spartan Racers. Its been said that if the barbell squat is the king of exercises, then the deadlift is the queen. Almost no exercise builds full body strength and coordination quite like the deadlift. For our application, however, we treat the deadlift as a means to an end. In a Spartan Race, you will have to pick up semi-heavy objects off of the ground numerous times. The Atlas stone carry, bucket carry, sandbag carry, and tire flip events all rely on your ability to efficiently pick up a heavy object. That being said, the strength demands arent super high. You dont need a 400+ pound deadlift to complete a Spartan race. Most of the objects weigh 45-80 pounds at the most. Basic proficiency in the deadlift will suffice. Deadlift Standard: Be capable of deadlifting your bodyweight for 3-5 reps. While running, burpees, and deadlifts will all affect leg strength and endurance somewhat, the humble step up (or walking lunge) is a high-specificity leg exercise that will build your ability to dart up and down hills with ease. This is especially true on events like the sandbag carry, where were often running up or down hills with an additional 25-45 pounds on our backs or in our hands. Step-Up / Lunge Standard: Be capable of performing around 100 step-ups or walking lunges in a row without a break. The author swinging through the Multi Rig Obstacle at a Spartan Race in 2020. In order to design an appropriate training plan, we have a few things to consider: As with any training plan, its important to first assess how much time you have to prepare, and reverse engineer a plan from there. In the sample training plans below, we will spend a certain amount of time building Spartan Race-specific fitness, with the goal of being ready to complete the event on a certain day. If youve got 12 weeks until your race, you could spend a full six weeks building fitness, and then 5 weeks getting ready for the race, followed by a deload week. If youve only got 7 weeks until your race, you will have to adjust your time frames accordingly. Another important aspect of planning a Spartan Race training plan is assessing your strengths and weaknesses. As an example, I did a race a couple years ago with a friend who was a runner, but his upper body strength was lacking. He did very little running to prepare, but spent the majority of his time building pull-up strength. Myself, I was coming off of a powerlifting training cycle, and I had a few pounds to shed. I focused my efforts on rebuilding a running base and weight loss. Our training plans looked very different, but we were both able to complete the race without issue. Ask yourself which of the standards above you are lacking. Most of us will have at least one or two areas of weakness that we should plan to address during the training cycle. Do you suck at running? If so, then make that an area of focus. Do you suck at pull-ups? If so, take a look at pull-up-specific programs, like the Armstrong Pull-Up Program. Can you do 30 burpees, and then continue running afterward? If not, you may want to work on improving your VO2 max. Can you deadlift your bodyweight for reps? If not, some extra barbell training may be in order. The point here is to tailor the program below to your specific needs. Perhaps eliminating a running day in order to focus on weight training, or eliminating a circuit training day to add an extra run. It should go without saying, but youre not going to be building much extra fitness the week before an event. You can, however, fatigue yourself to the point of sabotaging your own performance. At least the last week before an event should be spent resting, recovering, eating good food, and getting good sleep. You can still work out if you wish, but keep it light and easy. The benefits of going into the race fully recovered will far outweigh the drawbacks of missing a workout or two. Doing the monkey bars obstacle in an OCR. I plan my Spartan Race training around four main workouts, consisting of running sessions with burpees, and resistance training sessions designed to build fatigue (no breaks). Below, I mention dumbbells or weight implements note that these can easily be substituted by any weighted implement, such as a kettlebell, weight plate, or even a weighted vest). Workout A: Strength circuit, Deadlift focus: Deadlift 4-6 reps (see notes below for loading parameters) Loaded carry with 45-60 pounds 30-60 seconds Pull-ups Max effort, stopping 1 rep shy of failure Push-ups Max reps in 1 minute Repeat five times Workout B: Running + Burpees (long) Run one interval (work up to 1/3rd of your race distance) Complete a set of burpees (work up to 30 burpees per set) Repeat three times Workout C: Strength superset, Step Up focus: Step ups or walking lunges with a 25-45 pound dumbbell (or another weight implement) Loaded carry with the same implement you used for your step-ups 30-60 seconds Pull-ups Max effort, stopping 2-3 reps shy of failure Bear Crawls 30-60 seconds Repeat five times Workout D: Running + Burpees (2/3rds of Workout B Run one interval, running 2/3rds of the distance you ran in Workout B Complete a set of burpees, with 2/3rds of the reps you used in Workout B Repeat three times Ive dubbed this workout the Burpee Run for lack of a better term. I consider this the pay to play workout, and it works very well. Since we know that in the race well have to: Run the distance of the course, and (probably) complete around 60-90 burpees in 30-rep increments, I designed this workout to replicate those demands specifically. Its deviously simple, but it works. The thing to note is you dont want to jump into the deep end on week one. Like a distance runner, progress the distance linearly over the weeks as you get closer to the race, with the goal of completing the entire target distance before the event. A sample training cycle for someone with 8 weeks to prepare for a Spartan Sprint might look like this: Day 1 (mid-week)Day 2 (weekend)Week 1 mile run, 5 burpees x3 mile run, 10 burpees x3Week 2 mile run, 10 burpees x3 mile run, 15 burpees x3Week 3 mile run, 15 burpees x3 mile run, 20 burpees x3Week 4 mile run, 15 burpees x3 mile run, 25 burpees x3Week 5 mile run, 20 burpees x31 mile run, 25 burpees x3Week 6 mile run, 25 burpees x31 mile run, 30 burpees x3 (target distance achieved!)Week 7DELOADDELOADWeek 8RACE! If youve got longer to prepare, or if youre completing a longer race (such as a Spartan Beast or Super), adjust accordingly. For Spartan Supers I will work up to 2+ mile intervals on this workout. The strength training sessions are designed to be done as a circuit, with no breaks. Make sure to warm up properly, especially on the deadlift day. Concerning the deadlift, the goal will be to work up to completing a bodyweight deadlift for 4-6 reps for all 5 rounds. Similarly to the running, dont jump right into deadlifting your bodyweight if you arent used to it. I would recommend starting light (say, 50% of bodyweight), and working up by adding 10lbs each week. Dont go to failure on your deadlifts. If you notice aches or pains crop up, take it easy. Skip a session or lighten the weights. Youre building fitness either way. The quickest way to dash your progress would be to get injured in preparation for the race. Before we close, Id like to mention that you should individualize the plan above to suit your own goals. This specifically applies to the weaknesses you may have identified as part of your planning process. Here are a few suggested modifications based on your individual needs: If this describes you, I would suggest adding a third running day, where you eliminate burpees or other distractions. I would suggest doing runs on non-consecutive days, and if your schedule allows it, just run the split with 5 workouts per week. However, if youre already strong, feel free to eliminate one of the circuit training days in order to make space for the additional running. The best thing you can do if you have trouble with pull-ups is to run a pull-up-specific program, such as the Armstrong Pull-Up Program. This program consists of five mini-workouts that are intended to be completed Monday through Friday each week. If you choose to go this route, I would suggest eliminating pull-ups from the regular circuit training days and simply focusing on them in their own, stand-alone session. If youre in shape but struggle with basic strength, eliminate one of the circuit training days and replace it with a full-body traditional lifting session. A basic, linearly progressed, 55 barbell training program once per week will improve your strength rapidly, especially with all the other work youll be doing throughout the week. If you have a hard time with burpees, one of the best ways to improve them is to run a mini-program created by Johnny Pain, creator of the Greyskull LP. His burpee program was called the Villain Challenge, and it involves quick, intense daily sessions of burpees. The program starts easy but gets tough as you progress. Dont worry, youll be a burpee pro in no time, and you should enjoy some improvements in VO2 max and body composition as a result! In the last few weeks before the race, I often drop traditional training methods in exchange for getting as specific as I can. Unfortunately, the Spartan Race course cannot be replicated in a gym! Here are some ideas for your last 2-4 weeks of burpee runs (time permitting): Deliberately seek out hills. For instance, near my house, there is a soccer field with hills on either side. Rather than running on flat ground, I deliberately run to the soccer field, down into and out of the hills on the way out and the way back. That gives me 4 reps of hill sprints every time I run! Look for opportunities to add monkey bars. Playgrounds and soccer goals serve well as makeshift monkey bars. Add a 30-60 second bear crawl into the middle of your run. Now youve determined how much time you have, assessed your areas of opportunity, and learned which workouts to do. Now that youve learned how to train for a spartan race, its time to get to work! See you on race day! Welcome to episode 19 of The Greatness Project. In this episode, I chat with Dr. Adam Rogers, a pharmacist who has managed to become a strong OCR (Obstacle Course Race) racer in a short amount of time, about how to train for a Spartan Race. This is a great show to listen to if you want precise tips on how to train for a Spartan Race. If youve never thought about doing a Spartan race, read this. It may change your mind! Adam and I both love obstacle course racing, and we both recently finished competing in an Elite Spartan Sprint out in Austin, TX. We didnt get on the podium (this time), but we did pretty darn good considering we are not professional racers, the likes of Hunter McIntyre, Hobe Call, or Ryan Atkins. Adams results were particularly impressive. So, I thought Id invite him back on the show to give us some insights on how us non-pro racers can get into serious Spartan shape in as little as 3 to 6 months. In short, Adam gives a good low down on how to Spartan Up and train for a Spartan Race. The Best Training for Spartan RaceHow to Get in to Spartan ShapeHow to Prepare for Overcoming ObstaclesInsights into Using Effective SupplementsThe Benefits of Getting into Shape OCR: Spartan Races Focus:Alpha Brain Energy: Shroom Tech Sport(Game Changer) Protein: Egg Whites Multi-Vitamin: Wellness Works Endurance: BeetElite(This stuff rocks!) Protein: Egg Whites Hydrocholoric Acid Tablets B Complex Vitamins Liver Tablets Digestive Enzymes ** Ensure Vitamins Have This Label: USP Leave a note in the comment section below. Share this show on Twitter, Facebook, or Pinterest by using the share buttons at the bottom of the page. Please leavean honest review on iTunes, orStitcher. Your ratings and reviews will really help and I read each one. Subscribe oniTunesor Listen on Stitcher. Related: Spartan Quotes & Sayings Special thanks again toAdam Rogersfor sharing his rock star training tips and supplement regimen with us. Stay tuned for another episode in the near future; as Adam has tons of nutrition insights to lend us as well, so we can level up our health. Till next time Go Big, Go Great, Go Spartan! STRIVE PS If you found value in this information, then youll also enjoy some of the fitness app insights in this post. This week, Im honored to welcome inspirational speaker Daniel Rodriguez to the show, for a non-sugarcoated conversation on striving to rise to our potential. RISING TO OUR POTENTIAL Daniel Rodriguez, is an Iraq and Afghanistan war veteran that has been awarded the Purple Heart and the Bronze Star. On top of that, he is a [] This week, Im honored to welcome inspirational speaker Daniel Rodriguez to the show, for a non-sugarcoated conversation on striving to rise to our potential. Daniel Rodriguez, is an Iraq and Afghanistan war veteran that has been awarded the Purple Heart and the Bronze Star. On top of that, he is a Best-Selling Author, ex-NFL athlete, and professional speaker. In 2014, Daniel authored RISE, a book that has made it onto the New York Times Best Sellerand is an account of his phenomenal story of loss, war, hitting rocking bottom, and eventual redemption and rising to not only meet the challenges of the day, but to go forth create a legacy that empowers and inspires others to rise to their potential. In our interview, Daniel doesnt hold anything back, and tells it like it is. He provides some insights on how his book came to be, why he does what he does, and some very insightful ideas we could all to rise to our potential. Join me as I pick the brain of this inspirational humanyoull gain from what he has to say. Daniels Mount CRushmore of inspiration are thepeople who have inspired him to strive to pursue his greatness. In short, the inspirational people who continue to motivate him to want to crush life more! His Father Various Mentors Hes Had The book that has had the biggest impact on Daniel, which he would recommend others read to significantly improve their life. Book: Mindset Audible:Audible.com One of the best ways to turn your drive time into strive time, is by usingAudible.com Audible is seriously one of the best way to catch up on the books that you dont have time to read, and to put your personal growth on auto-pilot. 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KrisJSimpson.com, and to gain access to his free book, follow the instructions below: Gift: email Kris at Kris@KrisJSimpson.com for a free copy of his best-selling book, The All-Inclusive Diet. Be sure to mention that youd heard the show, and that youd like your free downloadable book. Thanks for tuning in friends! Till next time, STRIVE Sam Horn shares her best practices for how you can create a one-of-a-kind brand and biz that scales your income and impact for good.During the interview, Sam also shares a handful insights related to how she has been able to be so productive, i.e. authoring 8 books while running her own agency. Welcome to episode 33 of the Greatness Project. In this episode, we interview intrigue expert, Sam Horn. Sam Horn states that if we want to be GREAT we need to take responsibility for CREATING NOT WAITING for the work we love. Sam has an impressive client list that includes organizations such as Boeing, Capital One, National Geographic and Intel and individuals such as Terry Jones, founder of Travelocity and the Presidents of the National Speakers Association, International Coaching Federation and Association for Association Executives, and in this episode, she shares her best practices for how you can create a one-of-a-kind brand and business that scales your income and impact for good. During the interview, Sam also shares a handful insights related to how she has been able to be so productive, i.e. authoring 8 books while running her own agency. Why You Need to Be IntriguingHow to Tell When Youve Captured an Audiences AttentionThe One Word You Can Use to Draw in Your AudienceThe 5 More Rule as a Productivity HackA Fresh Perspective on the Word Concentration Sams Mount CRushmore of inspiration, are the people who inspire her to strive to pursue more of her greatness. In short, the inspirational people who make her want tocrushlifemore! See her Mount Crushmore list below: Her Two Sons The book that has inspired Sam the most, and that she would most highly recommend to others to read to improve their lives, and get them on the path to pursuing their greatness. The Black Stallion (Additional Resources Mentioned) Below are some of the books that Sam mentioned during our interview. Pop Tongue Fu Got Your Attention Audible:Audible.com One of the best ways to turn your drive time into strive time, is by usingAudible.com Audible is seriously one of the best way to catch up on the books that you dont have time to read, and to put your personal growth on auto-pilot. Bluehost:Bluehost.com Get your intriguing message out to the world andcreate your very own blog or media platform. There are free hosted options available, but you lose creative control when you go that route. To own your own platform, use bluehost. Leave a note in the comment section below. Share this show on Twitter, Facebook, or Pinterest by using the share buttons at the bottom of the page. Please leavean honest review on iTunes, orStitcher. Your ratings and reviews will really help and I read each one. Subscribe oniTunesor Listen on Stitcher. Massive thanks again to Sam Horn, for sharing so many of her strategic communication insights to help us learn how to create intrigue and find more success in our lives. You can learn more about Sam by visiting her Instagram page, or you can go directly to her website at Samhorn.com. Also, if she intrigued you with her very popular LinkedIn post that she mentioned towards the end of the show, you can read it here: Why to Never Give an Elevator Speech Welcome back to episode 32 of the Greatness Project. In this episode, I chat with uber-successful podcaster John Lee Dumas.John shares his journey, the obstacles he had to overcome before his success came, and a handful of other value bombs that will get you fired up! Welcome back to episode 32 of the Greatness Project. In this episode, I chat with uber-successful podcaster John Lee Dumas whos success is on fire. John Lee Dumas, is one of the top podcasters rocking the mic, with his award-winning podcast Entrepreneurs on Fire. John was an Officer in the U.S. Army for 4 years, and he spent 13 months stationed in Iraq. Once he got out of the army, he struggled to find his mission in life. He tried law school before dropping out. he then spent some time in corporate finance, and when that didnt work, he moved on to selling commercial real estate. While John was on the daily grind, he would take advantage of his commute while listening to podcasts. It was during those commutes that he would grow frustrated because there werent any podcasters releasing daily episodes. His favorite types of podcasts, were shows that interviewed entrepreneurs. Shortly after, John realized that an opportunity existed to provide a podcast that aired 7 days a week. So, John decided to seize his moment and launched his podcast back in 2012. His intent was to provide listeners with quality interviews of entrepreneurs that people could benefit from every single day. John has since gone on to create one of the most popular and well-known podcasts to-date, especially in the entrepreneurship and business world. John is also the author of multiple books, courses, and resources that are designed to help aspiring entrepreneurs and it is through those resources that John has been able to build a highly leveraged business that earns him around a quarter million a month. John and I chat about his journey, some of the obstacles he had to overcome before his success came, and a handful of other value bombs that will get you fired up! The Importance of MentorsHow John Overcame His DoubtsThe Value of ActionHow to Accelerate Your SuccessWhy You Must Surround Yourself With The Right PeopleThe #1 Habit That Will Help You Set Yourself Up For Success Johns current Mount Rushmore of inspiration, which are thepeople who have inspired him to strive to pursue his greatness. In short, the inspirational people who make him want to crush life more! Jason Calcanus The most inspirational and motivational books John recommends that can help others significantly improve their life. How to Win Friends and Influence People Mastery Journal Leave a note in the comment section below. Share this show on Twitter, Facebook, or Pinterest by using the share buttons at the bottom of the page. Please leavean honest review on iTunes, orStitcher. Your ratings and reviews will really help and I read each one. Subscribe oniTunesor Listen on Stitcher. Massive thanks again to JLD, for sharing his inspiring Strive Story, and success insights on how each of us can take action to become the successes we aspire to be. To learn more about John, his awesome entrepreneurship podcast, and all his free resources for aspiring entrepreneurs just go to eofire.com. Till next time, keep to it Strive! Trying something new can be intimidating, especially if you're signing up for a race with obstacles that create even more of a physical challenge. But to be fit enough to do a Spartan race, you dont necessarily have to be a marathon runner or a bodybuilder.The key to finishing a Spartan race is being well-rounded physically with a base of endurance, coordination, and strength and mentally, to push past moments of inevitable self-doubt. In short, it helps to be good at a number of things rather than great at one thing.The terrain can range from hilly and rocky to flat and slick, but even if you dont think you're fit enough for a Spartan race, the various levels of difficulty and distance from the 5K Sprint to the half-marathon Beast you can feel confident you'll complete a Spartan race if you can do one of these seven things.Related: The 2024 Spartan Race Schedule: Dates, Details, Venues, and MoreHow to Answer Am I Fit Enough for Spartan?1. If you can walk or jog3 miles, you have a Sprint in the bag.Because you dont necessarily have to run the course if you dont want to (walking is allowed), most people can finish a Spartan Sprint 5K with no problem. If you can already walk or run 3 or more miles, add a few strength workouts to your weekly training plan and you're good to go.2. If youstrength train multiple times a week, you'll dominate the obstacles.Most Spartan race obstacles require a level of upper- or lower-body strength and core stability. If you incorporate all types of movements into your workouts two to three times weekly, you shouldn't have an issue.Related: 5 Tough Workouts Between 20 and 30 Minutes3. If youve run a half or full marathon, youll power through a Super 10K or Beast.Finishing a Spartan race requires mental strength, especially when you're slogging through steep climbs or the final 12-15 miles of a Beast. If you've trained for and completed a 13-mile (or longer) race, you've prepared yourself to repeat positive mantras, visualize success, and push through self doubt.4. If youve climbed a mountain,you can tackle the Spartan trails.Spartan races are often a heavy mix of uphill power hiking and downhill sends, so you need a lot of foot-eye coordination to make it over the trails' rocks, stones, branches, and up and over muddy hills. If you're an avid hiker with powerful legs who feels confident traversing tough terrain, you'll excel on race day.5. If youalternate running intervals with strength,youre well rounded and ready.During a Spartan race, you alternate between running, hiking, jumping, climbing, crawling, hanging, and more. Mimicking this well-rounded athletic approach during training by alternating between running intervals and strength-focused exercises will prepare you perfectly for the demands of the course.6. If you love a challenge, youll find the finish line successfully.If you love committing to the hard way whether you're addicted to mountain biking or climbing, have summited a high peak, are chasing a new bench press PR, or training for a marathon youre always up for a little physical test of taking it to the next level. Even if you're not sure you're fit enough for a Spartan race right now, signing up is the first step. What are you waiting for?Related:The 2024 Spartan Race Schedule: Dates, Details, Venues, and More7. If you love to bang out burpees, don't worry about a thing.Spartan racers in non-competitive heats are expected to do 30 burpees for any failed obstacles, so if you already love this full-body exercise or have time to get really good at it, you'll thank yourself later.

How to get in shape for spartan race. How to get a spartan body. How to get a spartan physique. How in shape do you have to be to do a spartan race.