

1-Month Spartan Race Training Plan



You have 1-month left until your Spartan Race and lot's of work to do. **This is your Ultimate Spartan Race Training Plan!**

<u>Day 1</u> AM: 4–6 mile run (record distance) PM: *Upper Body Strength Training	<u>Day 2</u> AM: *Crossfit WOD/HIIT PM: Lower Body Strength Training	<u>Day 3</u> AM: *Low Intensity Interval Training PM: *Upper Body Hypertrophy/ Calisthenics	<u>Day 4</u> AM: Rest PM: *Lower Body Strength/ Plyometric	<u>Day 5</u> AM: *Hill work PM: Rest
<u>Day 6</u> Long, Endurance Run (7–13 miles) Record your distance & time	<u>Day 7</u> Rest	<u>Day 8</u> AM: 4–6 mile run (aim to beat your last distance or time) PM: Upper Body Strength Training (alternate your key compound lift)	<u>Day 9</u> AM: Crossfit/HIIT workout PM: Lower Body Strength Session (vary the compound lift)	<u>Day 10</u> AM: Low Intensity Interval Training (aim for a longer period of time or increased calorie target) PM: Upper Body Hypertrophy/ Calisthenics
<u>Day 11</u> *Death by burpees	<u>Day 12</u> AM: Hill work PM: Rest	<u>Day 13</u> Long, Endurance Run (look to beat either your time or your distance)	<u>Day 14</u> Rest	<u>Day 15</u> AM: Rest PM: *Rehabilitation
<u>Day 16</u> AM: 3 mile speed run (Time yourself & record) PM: Upper Body Strength Session	<u>Day 17</u> AM: Crossfit/ HIIT Workout PM: Lower Body Strength Session	<u>Day 18</u> AM: Low Intensity Training (Increase calorie goal) PM: Upper Body Calisthenics Session & 10 minute HIIT workout	<u>Day 19</u> Death by burpees	<u>Day 20</u> AM: Hill Training PM: Rest
<u>Day 21</u> Aim for 10 miles if you have not already hit this distance	<u>Day 22</u> Rest	<u>Day 23</u> Rehabilitation	<u>Day 24</u> Death by burpees	<u>Day 25</u> Slow 5–6 mile run
<u>Day 26</u> All over body Strength Training Session	<u>Day 27</u> Light abs & HIIT session (focus on Burpees)	<u>Day 28</u> Rehabilitation, keep carbohydrate intake high	<u>Day 29</u> Rest (Make sure to eat a high carb dinner to fill glycogen stores & hydrate well)	RACE DAY

* **Upper Body Strength Sessions:** In these sessions you will focus on key compound lifts, The Bench Press, Military Press or Barbell Row. Work with a low number of reps, as we are training for strength. Perform no more than 8 reps and record the reps and weights you have used. Each new Upper Body Strength Session, focus on one or two of the lifts mentioned above and ensure to progressively overload your muscles each new session. Do this by increasing the weight, reducing your rest time or increasing the number of reps with the same weight.

* **Lower Body Strength Sessions:** Much like the Upper Body Strength Sessions we will focus on key compound lifts. These being, the Deadlift, Back Squat & Front Squat. The same instructions as above apply.

* **Upper Body Hypertrophy Sessions/Calisthenics:** These sessions involve less emphasis on compound lifts and instead work in a rep range of 8-12; we will primarily focus on calisthenics exercises (bodyweight). Our priority will be working on Pull Ups & Push Ups, as the Spartan Races have countless obstacles that require you to hoist your bodyweight up and over objects and for every obstacle you fail, you need to complete a minimum of 30 burpees. This will require explosive push-up power. I would recommend apps such as the Runtastic Push up & Pull up app to really help you work on these exercises.

* **Lower Body Strength/Plyometric Sessions:** Again, after completing your compound lifts we will be focusing on explosive power exercises. Practicing these movements will really help you explode up when faced with burpees and will help you drive yourself up and over high walls. The exercises I advise you to work in are Tuck Jumps, Squat Jumps, Jumping lunges and Box Jumps.

* **Low Intensity Training:** I advise using these sessions as a form of body recuperation and also to vary the intensity of your workouts. These exercises will keep your heart rate in the fat burning zone where fat stores are used as the primary energy source. Walk at a steady pace on a treadmill with a high incline and each successive session look to increase your time on the treadmill or the number of calories you burn. Alternatively, take your dog for a walk or a slow jog.

* **Death By Burpees:** Needless to say you will end up doing a lot of burpees, unless you are a super Spartan Beast. Therefore, these sessions will focus on this horrible, all over body exercise. These sessions are up to your interpretation, however, I have done workouts where I increase the number of burpees I perform every minute (1 in the 1st minute, 2 in the 2nd etc) or for an intense workout, every 30 seconds. Record your results and beat your number next time. Alternatively, practice getting to the magic number of 30 burpees, break them up into sets of 10 or 6, however you see fit.

* **Rehabilitation:** These sessions are intended to aid your body in recovery, as the program I have put forward is intense. I advise going for an easy swim or spend 45 minutes stretching out or using a foam roller to address any aches or pains.

* **Hill Work:** There is serious elevation in each Spartan Race and so your legs need to be prepared for the inevitable lactic acid build up that awaits you. Find a hill or a steep road and either perform sets of hill sprints or maintain a steady pace and make sure you keep driving your legs with small steps.

* **Crossfit WOD/HIIT:** There are plenty of resources online such as the Crossfit WOD or try an official Spartan Race workout. There are also an abundance of apps for you to try out.