

Reebok  
**SPARTAN**  **RACE**

# SPARTAN

## TRAINING GUIDE

WITH SPARTAN TRAINER **SHANE YOST**



**IF SOMETHING EXCITES YOU  
AND SCARES YOU AT THE  
SAME TIME.**

**IT PROBABLY MEANS YOU  
SHOULD DO IT.**

**“THE ATMOSPHERE WHEN WE ARRIVED, THE  
SCALE OF THE FESTIVAL AND THE COOL  
OBSTACLES I EXPECTED.  
WHAT CAUGHT ME OFF GUARD WAS THE  
SENSE OF COMMUNITY ON COURSE. WE  
LITERALLY LAUGHED, CHEERED AND WERE  
HELPED BY EVERY PERSON WE MET,  
IT WAS AMAZING.”**



A black and white photograph of a woman from behind, climbing a rope obstacle. She is wearing a dark sports bra and shorts. Her hair is tied back in a ponytail. She is reaching up with her right hand towards a metal bell hanging from a wooden structure. The background is a bright, overcast sky.

## THE SPARTAN RACE ETHOS

Welcome to the world of Spartan Race Australia, a dynamic, friendly community that supports and celebrates each individual's journey. We train together and race together, sharing what we learn, pushing each other to give 100% and always having fun.. because that's kind of the point!

### What is Spartan race?

Spartan Race takes you to some of Australia's most beautiful locations with courses ranging from 7 - 21km through forest, bush land and single track. Along the way you'll come across all sorts of obstacles. Some are designed for fun - water slides and mud ditches - others challenging like sandbag carries and inverted climbing walls, and some are just plain crazy like Lego building!

### Why choose Spartan Race?

In modern times we move less, carry less and eat more than any generation before us. Life in a connected world can be stressful and make us feel endlessly busy and time poor. Many of us need an opportunity and the motivation to keep fit.

Spartan gives us that chance to enjoy the connection between our body and mind as we overcome whatever is put in front of us,. And it brings us together in training and on course as part of an inclusive, supportive community that works hard, plays hard and always has fun.



# YOU ARE AMAZING!

THE HUMAN BODY IS INCREDIBLE!

Spartan Race is the perfect opportunity to get back in touch with your physical self, and enjoy testing that amazing hardware that Nature gifted you.

Racers often arrive on race-day nervous, unsure of what to expect and of how they will handle the challenges on course only to leave exhausted, elated and full of a new kind of pride and confidence.

It's one thing for us to tell you you're amazing, it's another for you to experience what that means out on course.



# SPARTAN

## TRAINING GUIDE

Our commitment in not just bringing this world class race series to Australia, we want to share the knowledge and tools we have gathered to ensure you can enjoy training for your first Spartan race safely and with confidence.

With this Training Guide you have all the information you need to get your Spartan journey started.



THE  
**5** TRAINING  
PILLARS



## **THE SECRET OF THE 5 PILLARS**

The ultimate purpose of this program relies upon one simple idea...  
to get you Spartan fit and ready to tackle the Spartan Race. At its heart lies a functional training program that incorporates key elements of Stamina, Strength and Skill that keeps the body moving naturally and progressively.

This program essentially focuses on 5 key attributes known as the 5 Pillars that form the structural and functional basis for any Spartan success.

**STRENGTH, ENDURANCE, STABILITY, GRIP & SKILLS...**





# STRENGTH

**STRENGTH IS AT THE HEART OF SPARTAN DEVELOPMENT, BOTH IN MIND AND IN BODY. IT WILL BUILD THE FOUNDATION YOU NEED TO OVERCOME OBSTACLES AND BULLETPROOF YOUR BODY**

## SQUAT



Use bodyweight, barbell, deadball, or sandbag. Set shoulders, keep chest/head up and body neutral.

## DEADLIFT



Use barbell, kettlebell or other weight. Stand over top, squat to grip weight, ensure hips higher than knees, set shoulders and stand up with weight to full hip extension and lower back to floor.

## BODY ROW



Set bar just above waist height or use TRX or rings. Keep shoulders back and body straight.

## PUSH UP

Keep body strong and straight, squeeze butt throughout movement and keep elbows close to body.



## CHIN UP



Ensure full grip on bar, fingers and thumbs. Squeeze butt and keep body tight. Aim to touch chest to bar. Use resistance band if needed.

## LUNGE



Use bodyweight, dumbbell, sandbag or other weight. Step forward so lead leg has 90 degree bend at the knee and step back to start position, then repeat with other leg. Keep chest and head up and don't allow lead knee to go past toes.





# ENDURANCE

**YOUR ENDURANCE TRAINING IS WHAT WILL KEEP YOU MOVING FORWARD AND GET YOU OVER THE FINISH LINE. INVEST IN DEVELOPING YOUR SPARTAN ENGINE!**

## EASY RUN

As the name suggests, the easy run is exactly that, light and easy. This means you should be slightly out of breath as you run, but still able to talk if you have to. The aim here is to build some volume over the weeks to come.

## LONG RUN

The long run takes the easy run a touch further, and builds more distance into your week. Aim to work at a slightly higher work rate than the easy run, but only slightly. You should still be able to talk.

## TRAIL RUN

Getting out in the wilderness does more than relax and sooth the soul, it builds specific conditioning for the race to come. Aim to work at the same rate as the Long Run, but try and get onto some undulating dirt track, and away from the urban jungle.

## HILL RUNS

Hills are a Spartan's friend, and helps to build the strength and conditioning in the legs for each and every race. These sessions are designed as intervals, where various hill runs will be performed for shorter distances but at a higher rate of effort.

## BURPEES



## SPARTAN TRAINING

Race preparation doesn't get any closer to the real thing as this workout suggests. Designed to simulate what a Spartan race actually feels like, Spartan Training sessions are your most demanding workouts in the program.



# STABILITY

**CORE (STABILITY) IS YOUR SHIELD, EMPOWERING YOUR BODY TO DEAL WITH THE CHALLENGES ON COURSE WITHOUT BUCKLING, EVEN WHEN FATIGUED**

## BEAST ACTIVATION

Knees 3cm off floor, weight evenly through hands and feet, alternate lift of LH/RF then RH/LF. 3 sec holds. Focus on balance and control.



## BEAR & COMMANDO CRAWL

**Bear Crawl:** lift knees & move LH/RF RH/LF keeping back flat and hips stable.



**Commando Crawl:** Chest on ground. Crawl forward using elbows and knees.



## PLANK



Elbows directly under shoulders, engage butt and abs, keep body tight.

## SIDE PLANK



From plank rotate onto one forearm, other arm pointing to ceiling, focus on tight shoulders, high hips and straight line head to toe.

## HIP BRIDGE



lie on your back, palms facing upward, draw feet toward butt, lift hips as high as possible without arching lower back, 3 sec hold and repeat.

## CROSSOVER LUNGES







# GRIP

MANY A SPARTAN HAS EARNED BURPEES BECAUSE THE HANDS COULDN'T HOLD THE MONKEY BARS, TRAVERSE WALL OR THE ROPE. GRIP IS A KEY COMPONENT IN A SPARTAN'S TOOLKIT TO ENSURE A BURPEE FREE RACE

## BAR HANG



Hold body straight, keep butt and legs locked and your abs tight. Use full thumb over 1st finger bar grip.

## FARMERS WALK



While holding weights, keep arms extended and loose, shoulders set back, chest up and body long and tall .

## PLATE CARRY



As you walk, keep your shoulders set, chest up and body long and tall. Pinch plates between fingers and thumb.

## HANGING KNEE LIFT



Full grip, arms straight, bring knees as close to chest as possible and lower slowly. Try to avoid swinging.

## BUCKET CARRY



Use 20ltr bucket. Fill with sand, gravel, sandbag or kettlebell. Front carry, keep shoulders back and chest/head up.

## TOWEL/ ROPE CHIN UP



Grip each side of the towel/rope tightly, raise your body by drawing your hands down and into your chest. Keep body strong and straight



# SKILLS

**TRAIN SMART, THEN HARD. CORRECT TECHNIQUE MEANS LESS ENERGY EXPENDED AND HIGHER SUCCESS RATE. SKILLS REFERS TO THE TRIED AND TESTED WAY OF COMPLETING CERTAIN MOVEMENTS IN THE MOST EFFICIENT AND EFFECTIVE WAY**

## CLIMBS



**AS MANY AS YOU CAN IN 10 MIN:**

**5 X ROPE/ TOWEL CHIN UP**

**5 X PUSH UP**

**3 ROUNDS OF:**

**1 MIN OF BURPEES**

**1 MIN OF HANGING KNEE LIFTS**

**1 MIN CROSSOVER LUNGES**

**1 MINUTE PLATE CARRY**

**45 SEC REST**

## CARRIES



**3 TO 5 ROUNDS OF:**

**2 MINUTES OF BUCKET/ FARMERS**

**CARRY**

**20 LUNGES**

**1 MINUTE PLANK**

**3 ROUNDS OF:**

**30 SECONDS OF DEADLIFTS**

**30 SECONDS OF SIDE PLANKS**

**(BOTH SIDES)**

**30 SECONDS OF BODY ROWS**

**30 SEC REST**

## CRAWLS



**5 ROUNDS OF:**

**100M RUN**

**20M BEAR CRAWL**

**200M RUN**

**20M COMMANDO CRAWL**

**100M RUN**



THE

PROGRAM

# WEEKLY WORKOUT PROGRAM

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	ENDURANCE: EASY RUN 2KM	STRENGTH: WORKOUT 1	REST	ENDURANCE: EASY RUN 2KM	REST	STRENGTH: WORKOUT 2	ENDURANCE: 4KM RUN (TRAIL IDEALLY)
WEEK 2	STABILITY & GRIP: WORKOUT 3	STRENGTH: WORKOUT 1	REST	ENDURANCE: EASY RUN 3KM	REST	STRENGTH: WORKOUT 2	ENDURANCE: 5KM RUN (TRAIL IDEALLY)
WEEK 3	STABILITY & GRIP: WORKOUT 3	STRENGTH: WORKOUT 1	REST	ENDURANCE & SKILLS: EASY RUN 4KM + PICK A SKILL	REST	ENDURANCE: SPARTAN TRAINING	ENDURANCE: 6KM RUN (TRAIL IDEALLY)
WEEK 4	STABILITY & GRIP: WORKOUT 3	STRENGTH: WORKOUT 2	REST	ENDURANCE & SKILLS: EASY RUN 4KM + PICK A SKILL	REST	ENDURANCE: SPARTAN TRAINING	ENDURANCE: 7KM RUN (TRAIL IDEALLY)
WEEK 5	ENDURANCE & SKILLS: EASY RUN 2KM + PICK A SKILL	ENDURANCE: SPARTAN TRAINING	REST	ENDURANCE: EASY RUN 3KM	REST	RACE!	REST



THE

WORKOUTS

# THE WORKOUTS

## STRENGTH WORKOUT 1

15 MIN AMRAP:

5 X SQUAT

5 X CHIN UP

5 ROUNDS OF:

1 MINUTE LUNGES

1 MINUTE BAR

HANG

(30S PER SIDE)

SIDE PLANK

## STRENGTH WORKOUT 2

15 MIN AMRAP:

5 X DEADLIFT

5 X PUSH UP

5 ROUNDS OF:

1 MINUTE ROTATING

LUNGES

1 MINUTE BODY

ROWS

1 MINUTE HIP

BRIDGE

## GRIP & STABILITY WORKOUT 3

5 ROUNDS OF:

10 X BURPEES

5 X CHIN UPS

1 MINUTE PLANK

1 MINUTE PLATE

CARRY

10 MIN AMRAP:

10 X BEAST ACTIVATION

5 X HANGING KNEE LIFT

10 X DEADLIFT

## SPARTAN TRAINING OPTION 1

3 TO 5 ROUNDS OF:

1 MINUTE HILL  
RUN

1 MINUTE BUCKET  
CARRY

1 MINUTE HILL  
RUN

1 MINUTE BEAR  
CRAWL

1 MINUTE HILL  
RUN

1 MINUTE  
BURPEES

REST: 1 MINUTE

## SPARTAN TRAINING OPTION 2

3 TO 5 ROUNDS OF:

3 MINUTE RUN  
30M COMMANDO  
CRAWL

2 MINUTE RUN  
20 SQUATS

1 MINUTE RUN  
10 BURPEES

REST: 1 MINUTE



# FUELLING FOR SPARTAN RACE



So now you know what your training plan looks like you need to understand how to fuel it. With strength and endurance demands in your training program, nutrition will be key to allowing physiological adaptations so you can train again the next day and see positive improvements on race day.

## **Morning fuel:**

Your breakfast will be one of the most important meals you consume and will set you up for your spartan training sessions, so make sure you are comfortable with it and it works for you. Consume normal breakfast foods including toast, porridge, fruits and yoghurts. Aim to consume this 2-3 Hours before your training session.

## **On the go feeding:**

Refuelling throughout training is essential, so get confident at consuming food and fluid while running when you are out for longer than 90 minutes. ensure you take sufficient food and fluid out with you and practice taking it as it is tricky to get it right when you are completing an obstacle. It is likely that you will be training far away from home, so pack a carbohydrate based lunch to consume during a mid-session break. SiS GO Isotonic Energy gels are a great energy boost mid training.

See the training summary on the next page covering each of the key nutritional needs.



# NEED STATE TRAINING SUMMARY



NEED STATE	STRENGTH TRAINING	ENDURANCE TRAINING UNDER 90 MIN	ENDURANCE TRAINING OVER 90 MIN
<b>ENERGY</b>	<p>You will tap into your carbohydrate stores during hiit and strength sessions, but you should have enough stores available to see you through</p>	<p>Focus on a carbohydrate based meal the night before and the morning of your run. See the carbohydrate loading section for more information</p>	<p>Carbohydrate is your main fuel source during prolonged high intensity exercise. You will need to intake up to 60g of carbohydrate per hour to stop yourself from "hitting the wall". SiS GO Isotonic Energy gels are an easy way to get 22g of carbohydrate in quickly. If you know you're going to be training for longer then pack accordingly</p>
<b>HYDRATION</b>	<p>Here, carbohydrate intake may not be necessary but fluid and electrolyte intake is. Maintaining hydration can increase strength performance for longer periods of time. You will sweat out salts so don't just drink water. SiS GO Hydro before and/ or during strength training can help maintain hydration levels</p>	<p>A 2% reduction in body weight due to sweat loss may negatively affect endurance performance. When you're dehydrated, blood volume decreases, causing your heart rate to increase. Your body temperature spirals upwards as less of your blood flow is directed towards your skin. This increases perceived fatigue. Some people can lose 2 litres of sweat per hour during endurance exercise, which can compromise your recovery and ability to train the next day. Some athletes are "salty" sweaters, which is highly individual. SiS GO Electrolyte contains a blend of an easily digestible and quick supply of carbohydrate for energy as well as electrolytes, key for achieving fluid balance</p>	
<b>CAFFEINE</b>	<p>Caffeine can be taken before or during a gym session to provide motivation and mental stimulation to push you to your limit. Try SiS GO Hydro + Caffeine</p>	<p>Take caffeine before shorter runs so that it kicks in and lasts you the full length of the run</p>	<p>When endurance training is over 90 minutes, take your caffeine towards the end of the run when you are most fatigued</p>
<b>RECOVERY: CARBOHYDRATE</b>	<p>When the focus is to recover for performance, take on a SiS REGO Rapid Recovery shake. This will help you restore muscle glycogen levels which are crucial for strength and hiit training</p>	<p>Training for spartan race is often tougher than the race itself, involving grueling training sessions outside lasting over 90 minutes and shorter intense sessions. Your glycogen stores can be running low by the time you get to the end of training. SiS REGO Rapid Recovery is ideal for replacing carbohydrate and electrolyte stores that are lost during the session</p>	
<b>REBUILD: PROTEIN</b>	<p>Ensure that you aid lean muscle mass growth and maintenance as much as possible by feeding yourself on high quality protein regularly throughout the day. Aim to take on 20-25g of protein every 3-4 hours in order to maintain protein synthesis and prevent muscle breakdown. This can be difficult overnight so consume SiS Overnight Protein, with a slow release formula to feed the muscles with protein while you sleep. After tough gym or strength sessions, SiS Whey Protein will provide you with sufficient protein and amino acids in order to trigger muscle protein synthesis and rebuild muscle fibres so that you can go again</p>		



# EXAMPLE NUTRITION PLAN



BASED ON THE TRAINING SUMMARY, HERE IS AN EXAMPLE SIS NUTRITION PLAN TO FOLLOW BEFORE, DURING AND AFTER YOUR TRAINING SESSION.

	STRENGTH TRAINING	ENDURANCE TRAINING UNDER 90 MIN	ENDURANCE TRAINING OVER 90 MIN
BEFORE	<p>FOCUS ON HYDRATION DURING AND RECOVERY/ REBUILD POST SESSION</p>	<p>CARBOHYDRATE BASED MEAL 2-3 HOURS BEFORE;</p> <p>1 SiS GO HYDRO + CAFFEINE (30 MIN BEFORE START)</p>	<p>CARBOHYDRATE BASED MEAL 2-3 HOURS BEFORE;</p> <p>1 SiS GO ENERGY BAR (30 MIN BEFORE START)</p>
DURING	<p>500ML OF SiS GO HYDRO OR SiS GO HYDRO + CAFFEINE (PER HOUR)</p>	<p>500ML - 1000ML OF SiS GO HYDRO OR SiS GO HYDRO + CAFFEINE (PER HOUR)</p>	<p>500ML - 1000ML OF SiS GO ELECTROLYTE (PER HOUR); 1 SiS GO ISOTONIC ENERGY GEL (PER HOUR) FINAL 1-2 HOURS 1 SiS GO ENERGY</p>
AFTER	<p>1 SiS WHEY PROTEIN OR 1 REGO RAPID RECOVERY (WITHIN 30 MINS OF FINISH)</p>	<p>1 REGO RAPID RECOVERY (WITHIN 30 MIN); 1 SiS OVERNIGHT PROTEIN (30 MIN BEFORE BED)</p>	<p>1 SiS REGO RAPID RECOVERY (WITHIN 30 MIN); 1 SiS OVERNIGHT PROTEIN (30 MIN BEFORE BED)</p>

A woman in athletic gear is captured mid-air, performing a fire jump obstacle. She is wearing a black tank top, black leggings, and orange trail shoes. Her hair is tied back, and she has a focused expression. The background is a bright, overcast sky. The text 'CARBOHYDRATE LOADING' is overlaid on a dark grey horizontal bar across the middle of the image.

## CARBOHYDRATE LOADING

### **Longer SPARTAN events**

It's important to make sure your energy stores are maxed before you start. You can increase your muscle glycogen stores by stepping up your overall carbohydrate intake in the 48 hours before the event. Aim to take in 8-10g of carbohydrate per kilo of your body mass per day, loading your muscles with up to 300g of glycogen. Generally this means feeding carbohydrate at every meal, and including carbohydrate-based snacks in between. This delays the onset of fatigue later on in the event. Typical carbohydrate foods choose from include pasta, rice, bread, potatoes and cereals.

### **Shorter OCR events**

If the OCR lasts under 90 minutes, this may not require major carbohydrate loading before the event. Here, focus on increasing the carbohydrate content of your meal the night before and your race day breakfast. Aim for 100-200g of carbohydrate in the meal the night before. This could be 250ml of tomato soup, 2-3 cups of brown rice and a small portion of pork. Finish with low fat yoghurt, mixed summer berries and 1 banana.

### **Event Considerations**

We always suggest that you "train as you race". Follow these top tips to maximise your SPARTAN RACE DAY PERFORMANCE.



# EVENT CONSIDERATIONS



WE ALWAYS SUGGEST THAT YOU "TRAIN AS YOU RACE". FOLLOW THESE TOP TIPS TO MAXIMISE YOUR SPARTAN RACE DAY PERFORMANCE.

	PRE EVENT	DURING
ENERGY	<p>Aim to take in 1-3g of carbohydrate per kilo of body mass in the morning of the race. In breakfast terms, for example a 70kg athlete could consume 3 cups of low-fiber breakfast cereal with milk, 1 medium banana and 250ml orange juice. Ideally, this should be 2-3 hours before the start so that it's well digested when you hit the ground running</p>	<p>SiS GO Isotonic energy gels are ideal, providing 22 grams of rapidly absorbed carbohydrate in an isotonic formula. This is absorbed quickly and carries the least risk of causing stomach issues. For longer races over 90 minutes, take one after 30 minutes and another every 30 minutes from there on in, aiming for 60g of carbohydrate per hour. For shorter races, focus on your pre event meal the night before and your breakfast!</p>
HYDRATION	<p>Try and drink 500ml -1000ml of fluid from waking to the start of your event and ensure that your urine is straw coloured, showing that you're fully hydrated before you start. An electrolyte solution such as SiS GO Electrolyte or SiS GO Hydro increases fluid absorption and retention, preventing excessive urinary volume, and you needing to stop too often during the challenge</p>	<p>Whatever the length of spartan race you are competing in, you should aim to drink 500ml - 1000ml of fluid per hour depending on your sweat rate and the conditions. Choose SiS GO Electrolyte, helping you hit your energy and hydration goals</p>



## POST EVENT

Covering the course can be tough enough, but the higher intensity efforts of negotiating the obstacles can really eat into your energy reserves, even if you do manage to fuel well!

Recovery is formed by your nutrition and your body continues to use carbohydrate as an energy source for up to 30 minutes after the event. Follow these post OCR event guidelines and recover well to begin training for your next event!

- Consume SiS REGO Rapid Recovery within 30 minutes to replenish glycogen stores; stimulate protein synthesis and replace electrolytes
- Aim to replace all the fluid lost through sweat within 1-3 hours. Even when you have replaced these fluids, your body can still be dehydrated so ensure that you consume an extra 500-1000ml on top
- Consume a full meal 1-2 hours post race containing predominantly carbohydrates, protein, some fats and plenty of vegetables. The post OCR cakes and treats will be tempting, but a range of foods is ideal to provide the body with numerous essential nutrients
- Be steady on the alcohol as it will increase dehydration, reduce sleep quality and impact the rate at which glycogen stores are replenished”



# NOW YOU ARE READY TO TAKE ON YOUR FIRST SPARTAN RACE!

FOR A FULL CALENDER OF THE 2017 EVENTS HEAD TO

[SPARTANRACE.COM.AU](http://SPARTANRACE.COM.AU)





**GOOD LUCK**