

EXAMPLE SPARTAN TRAINING PLAN

Week 1

For those who are more conditioned, increase the length of the runs and do the circuits several times.

Day	Activity	Remarks
1	1.5 Mile Run	<p>Run at a steady pace for 5 minutes (Rate of Perceived Exertion (RPE) Level 3) to raise heart rate and warm up muscles then increase to 60 - 70% maximum heart rate (RPE level 6).</p> <p>This should feel a comfortable pace throughout.</p> <p>On completion rest for 2 minutes and then carry out body weight exercises. 3 sets of the following with 1-minute rest between sets:</p> <p>20 press ups 30 sit ups 20 body weight squats 5 pull ups</p>
2	Circuit 1	(see below)
3	Mobility Session	<p>Gentle 10-minute run/warm up. Ensure you utilise this time to stretch the major muscle groups. Start from the feet and work in a logical order up the body. Stretching each muscle for a period of 30- 60 seconds.</p> <p>Or alternatively use foam rollers/massage balls to relieve any knots in the muscles.</p>
4	Circuit 2	(See below)
5	Fartlek Session	<p>Run at a steady pace for 5 minutes (RPE Level 3) then conduct dynamic stretches to warm up. Run at 70 -80% of your maximum pace (RPE level 7 – 8) for 30 seconds followed by a walk for 30 seconds to recover, repeat 3 times then rest for 1 minute 30 seconds – repeat x 2.</p>
6-7	Rest and Recovery	Eat a balanced diet and ensure you get plenty of quality sleep.

Circuit 1

Each exercise is to be completed in order. First time through = 15 reps, then 25 reps and finally 10 reps.

Exercise	Description
Press Up	Arms no further than shoulder width apart. Bend your arms lowering your chest to the floor, elbows tucked in tight to the side.
Squat	Place your hands across your chest, finger tips on your shoulders. Feet shoulder width apart(or whatever is most comfortable). Feet at an equal angle to each other. Weight should be distributed through your entire foot with the big toe engaged with the floor (you may want to take your shoes off to feel this properly). Bend your legs keeping your back straight. Your back side should be just below your knees. Return to start position
Crunches	Finger tips on your temple, do not cross your feet. Bring your knees to your elbows. Repeat
Wide Arm Press Up	Arms much wider than for a normal press up. Lower your torso as far as possible. Chest muscles will feel the movement.
Lunge	Hands on your hips. Place alternative feet forward so that the front leg is approximately 90 degrees angle. The back knee should not touch the floor. Keep your back straight.
Half Sit	Lie on your back with your feet flat on the floor, knees bent, hands resting on your thighs. Raise the head and chest up whilst sliding your hands to touch the top of your knees.
Close Arm Press Up	Place your hands on the floor with your index fingers and thumbs touching. Widen your feet slightly to form a firm base. Lower your chest to the floor and return to start position to complete 1 x rep.
Mountain Climbers	Adopt the Press Up position. Bring alternate knees to your elbows in a running motion keeping the hips low throughout.
V-Sit	Lie on your back, raise your legs straight in the air. Raise your head and chest towards your legs. Finger tips to touch your toes, or as near as possible.

Circuit 2

Each exercise is to be completed in order. First time through = 15 reps, then 25 reps and finally 10 reps.

Exercise	Description
Stand Up Sit Downs	Simply start stood up straight, Sit down as quick as possible using an arm to steady yourself Push up back to standing (Alternate supporting arm)
Mountain Climbers	Adopt the Press Up position. Bring alternate knees to your elbows in a running motion keeping the hips low throughout.
Diamond Press Ups	Adopt the normal press up position, Walk your feet towards your hands keeping your legs and arms straight. This will cause the body to form a triangle shape, isolating your shoulders. Bend your arms as per press up (shoulders will feel the exercise).
Sky Diver Press Ups	Adopt the Press up position with your chest on the floor and your feet and hands slightly wider than normal, Carry out a full press up with your chest touching the floor each time. As your chest touches the floor gently lift your hands off the floor, no more than 1 inch.
Lunge	Hands on your hips. Place alternative feet forward so that the front leg is approximately 90 degrees angle. The back knee should not touch the floor. Keep your back straight.
Flutter Kicks	Lie on your back with your arms by your side on the floor. Keep your legs straight and raise them off the floor 6 inches. Kick your legs as per swimming back stroke no more than 6 inches apart.
Burpees	From standing position. Squat down till your backside touches your heels. Force your legs back to adopt the press up position. Return to the squat position then stand up.
Squats	Place your hands across your chest, finger tips on your shoulders. Feet shoulder width apart(or whatever is most comfortable). Feet at an equal angle to each other. Weight should be distributed through your entire foot with the big toe engaged with the floor (you may want to take your shoes off to feel this properly). Bend your legs keeping your back straight. Your back side should be just below your knees. Return to start position