



BODYWEIGHT

WORKOUT

PROGRAM

STRENGTH | ATHLETICISM | ENDURANCE



BODYWEIGHT WORKOUT PROGRAM

WHO DOESN'T WANT TO LOOK THEIR ABSOLUTE BEST? More importantly, who doesn't want to *feel* their best all the time? Thought so. And that's exactly why there's the Spartan Bodyweight Workout Program. No weights. No machines. No fancy bands or bouncy balls. Just you, your body and the commitment to put in the effort.

The program consists of three bodyweight workouts that target strength, athleticism and endurance. There are five workout days per week, which look like this:

Day 1: Strength Workout

Day 2: Athleticism Workout

Day 3: Strength Workout

Day 4: Rest

Day 5: Athleticism Workout

Day 6: Endurance Workout

Day 7: Rest

Keep in mind you can change the order or amount to best suit your needs and interests. Try to spend some time on rest days eating cleanly, stretching and meditating. The mind is a muscle that also benefits from training.

If you stay committed to the Spartan Bodyweight Workout Program you'll see results quickly. A healthy, happy lifestyle takes work and discipline. This is one of the tools to help you get there.

Now go be the best version of yourself and Spartan on.



STRENGTH

CHALLENGE YOURSELF

Kick-start your metabolism to improve your body's ability to burn fat for energy and start building muscle. This workout will enhance your cardio fitness as well as the endurance of your muscles.

"Accept the challenges so that you can feel the exhilaration of victory"

– GEORGE PATTON

WARM-UP

Dynamic warm-up

Run 15–20 min moderately

MAIN SET | 3–5 REPS

Bulgarian Split Squats x 10 each leg

Box Jumps x 6

Bear Crawl for 20 yards

Pull-ups x 5–10

Hollow Hold for 20 sec

Push-ups x 10–20

Recover 30–60 sec between exercises

COOL DOWN

Stretch

Beginners | Run 5–10 min | 1–2 main sets

Advanced | Run 20 min | 5 main sets



ATHLETICISM

ONE MINUTE OF INTENSITY

Sometimes, multiple short intervals feel harder than one long one. It's all about intensity. This workout will increase your V_{O_2} Max and your ability to sustain demanding exercise. You'll also improve your lactate threshold, which will increase your ability to push through the most challenging parts of physical activity. It's summertime: Go ahead and feel the burn.

"It always seems impossible until it is done."

– NELSON MANDELA



WARM-UP

Dynamic warm-up

MAIN SET

Run 1 min at max pace (level treadmill or track)

Rest 90 sec (beginner)

Rest 1 min (advanced)

Perform above x 6

Finish with 2 sets timed burpees x 30

2–3 min recovery between sets

Record your times for future reference

COOL DOWN

Stretch

Beginners | Increase rest and/or decrease pace

Advanced | Increase pace and/or decrease rest

ENDURANCE

LIMITLESS

Welcome to good, old-fashioned, works-every-time running. This steady-state exercise will aid in your recovery from a challenging week while preparing you to do it all again next week. Lace up the running kicks and get going.

“Those who say they can and those who say they can’t are both usually right”
– CONFUCIOUS

WARM-UP

Stretch well
Hydrate

MAIN SET •

Submaximal Run at a sustainable pace

Choose a distance (or trail) that has been challenging for you in the past and go run it. Record your time and distance and get ready to improve each week.

Sprint | Choose a distance between 1–5 miles

Super | Choose a distance between 3–10 miles

Beast | Choose a distance between 6–14 miles

COOL DOWN

Jog slow
Stretch

Beginners | Walk or jog slowly when you must. Your time is secondary to completing your task.

Advanced | Choose a trail or timed distance you have completed recently and try to beat your time.





WHAT IS SPARTAN?

SPARTAN RACES are obstacle course races of varying lengths designed to test participants both mentally and physically. They occur throughout the year all over the world and attract those who want to push themselves past ordinary training regimens. These aren't just events, they represent a way of life. Spartan offers a solution to the modern-day chaos and a catalyst to simplify the way you train, eat, think and generally live.

Use the provided links to learn more about the Spartan lifestyle.

[CLICK TO NAVIGATE](#)

TRAINING

[Workout Tour](#)

NUTRITION

[More here](#)

GEAR

[Spartan Shop](#)

FIND A RACE

[Race Finder](#)