## Couch to Sprint Training Plan

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10 min brisk walk</td>
<td>Dynamic Warm-up</td>
<td>10 min brisk walk</td>
<td>Recovery - Research how to properly perform the bear crawl, crab crawl, deadlift, lateral lunge and any other exercises that are unfamiliar to you in this plan.</td>
<td>Dynamic Warm-up</td>
<td>Recovery - Buy the ingredients for your 15-lb sandbag and build it.</td>
<td>See Page 2.</td>
</tr>
<tr>
<td></td>
<td>1 min jog</td>
<td>5 push-ups</td>
<td>2 min jog</td>
<td>1 min jog</td>
<td>5 push-ups</td>
<td>10 min brisk walk</td>
<td>5 push-ups</td>
</tr>
<tr>
<td></td>
<td>3 min walk</td>
<td>30 sec plank</td>
<td>1 min walk</td>
<td>repeat all 3 times</td>
<td>30 sec plank</td>
<td>3 min walk</td>
<td>30 sec plank</td>
</tr>
<tr>
<td></td>
<td>- repeat all 5 times</td>
<td>15 squats</td>
<td>- repeat all 3 times</td>
<td>(find 15-lb object, e.g. rock or log)</td>
<td>15 squats</td>
<td>- repeat all 3 times</td>
<td>15 squats</td>
</tr>
<tr>
<td></td>
<td>Finish with Mobility 1 Exercises</td>
<td>5 deep lunges</td>
<td>50 yds carry object on shoulders</td>
<td>Finish with Mobility 1 Exercises</td>
<td>5 deep lunges</td>
<td>50 yds carry 15-lb sandbag</td>
<td>Finish with Mobility 2 Exercises</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 deep lunges to right and left sides</td>
<td>10 squats</td>
<td>Recovery - Read the training content at Spartan Race to deepen your fitness and health knowledge.</td>
<td>3 deep lateral lunges, each side</td>
<td>Recovery - Start a journal to track your activity. Keep track of how you felt before, during, and after your exercise. What barriers did you encounter? What will you do the next time you encounter those barriers?</td>
<td><a href="http://www.spartan.com/en/training/how-to-train/fundamentals">www.spartan.com/en/training/how-to-train/fundamentals</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 sec bear crawl hold</td>
<td>put object down</td>
<td><a href="http://www.spartan.com/en/training/how-to-train/fundamentals">www.spartan.com/en/training/how-to-train/fundamentals</a></td>
<td>30 sec bear crawl hold</td>
<td>Recovery - Write your own health vision statement. Why is your health and fitness important to you? Where do you want to be in three months, six months, one year?</td>
<td>Finish with Mobility 2 Exercises</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- repeat all 4 times</td>
<td>10 deadlifts of object</td>
<td>(use your legs)</td>
<td>- repeat all 3 times</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 min rest</td>
<td>30 sec bear crawl hold</td>
<td>1 min rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- repeat all 3 times</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>10 min brisk walk</td>
<td>Dynamic Warm-up</td>
<td>10 min brisk walk</td>
<td>Recovery - Read the training content at Spartan Race to deepen your fitness and health knowledge.</td>
<td>Dynamic Warm-up</td>
<td>Recovery - Buy the ingredients for your 15-lb sandbag and build it.</td>
<td>See Page 2.</td>
</tr>
<tr>
<td></td>
<td>2 min jog</td>
<td>10 push-ups</td>
<td>2 min jog</td>
<td>1 min jog</td>
<td>10 push-ups</td>
<td>1 min jog</td>
<td>5 push-ups</td>
</tr>
<tr>
<td></td>
<td>3 min walk</td>
<td>40 sec plank</td>
<td>3 min walk</td>
<td>repeat all 3 times</td>
<td>30 sec plank</td>
<td>1 min walk</td>
<td>30 sec plank</td>
</tr>
<tr>
<td></td>
<td>- repeat all 4 times</td>
<td>15 squats</td>
<td>- repeat all 3 times</td>
<td></td>
<td>15 squats</td>
<td>- repeat all 3 times</td>
<td>15 squats</td>
</tr>
<tr>
<td></td>
<td>Finish with Mobility 1 Exercises</td>
<td>5 deep lunges</td>
<td>50 yds carry 15-lb sandbag</td>
<td>Finish with Mobility 1 Exercises</td>
<td>5 deep lunges</td>
<td>50 yds carry 15-lb sandbag</td>
<td>Finish with Mobility 2 Exercises</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 deep lunges, each side</td>
<td>10 squats</td>
<td>Recovery - Read the training content at Spartan Race to deepen your fitness and health knowledge.</td>
<td>3 deep lateral lunges, each side</td>
<td>Recovery - Start a journal to track your activity. Keep track of how you felt before, during, and after your exercise. What barriers did you encounter? What will you do the next time you encounter those barriers?</td>
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<tr>
<td></td>
<td></td>
<td>10 ft bear crawl</td>
<td>put sandbag down</td>
<td><a href="http://www.spartan.com/en/training/how-to-train/fundamentals">www.spartan.com/en/training/how-to-train/fundamentals</a></td>
<td>10 ft bear crawl</td>
<td>Recovery - Write your own health vision statement. Why is your health and fitness important to you? Where do you want to be in three months, six months, one year?</td>
<td>Finish with Mobility 2 Exercises</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10 ft crab walk</td>
<td>10 sandbag deadlifts</td>
<td></td>
<td>10 ft crab walk</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- repeat all 3 times</td>
<td>1 min rest</td>
<td></td>
<td>- repeat all 3 times</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- repeat all 3 times</td>
<td>- repeat all 3 times</td>
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<tr>
<td>3</td>
<td>10 min brisk walk</td>
<td>Dynamic Warm-up</td>
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<td>Recovery - Read the training content at Spartan Race to deepen your fitness and health knowledge.</td>
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<td></td>
<td>3 min jog</td>
<td>10 push-ups</td>
<td>3 min jog</td>
<td>2 min jog</td>
<td>10 push-ups</td>
<td>2 min jog</td>
<td>7 push-ups</td>
</tr>
<tr>
<td></td>
<td>2 min walk</td>
<td>40 sec plank</td>
<td>2 min walk</td>
<td>repeat all 3 times</td>
<td>40 sec plank</td>
<td>1 min walk</td>
<td>40 sec plank</td>
</tr>
<tr>
<td></td>
<td>- repeat all 4 times</td>
<td>20 squats</td>
<td>- repeat all 3 times</td>
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<td>Finish with Mobility 1 Exercises</td>
<td>5 deep lunges</td>
<td>50 yds carry 15-lb sandbag</td>
<td>Finish with Mobility 1 Exercises</td>
<td>5 deep lunges</td>
<td>50 yds carry 15-lb sandbag</td>
<td>Finish with Mobility 2 Exercises</td>
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<td>10 ft bear crawl</td>
<td>10 squats</td>
<td>Recovery - Read the training content at Spartan Race to deepen your fitness and health knowledge.</td>
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<td>10 ft crab walk</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- repeat all 3 times</td>
<td>10 sandbag deadlifts</td>
<td></td>
<td>- repeat all 3 times</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- repeat all 3 times</td>
<td>1 min rest</td>
<td></td>
<td>- repeat all 3 times</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- repeat all 3 times</td>
<td>- repeat all 3 times</td>
<td></td>
<td>- repeat all 3 times</td>
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## COUCH TO SPRINT TRAINING PLAN

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<th>DAY 4</th>
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<th>DAY 6</th>
<th>DAY 7</th>
</tr>
</thead>
</table>
| 4    | 10 min brisk walk  
4 min jog  
2 min walk  
- repeat all 5 times  
Finish with Mobility 1 Exercises | Dynamic Warm-up  
7 push-ups  
40 sec plank  
20 squats  
7 deep lunges  
5 deep lunges to right and left sides  
10 ft bear crawl  
10 ft crab walk  
- repeat all 4 times  
Finish with Mobility 2 Exercises | 10 min brisk walk  
2 min jog  
1 min walk  
- repeat all 3 times  
50 yds carry 15-lb sandbag  
10 sandbag squats  
put sandbag down  
10 sandbag deadlifts  
1 min rest  
- repeat all 4 times  
Finish with Mobility 1 Exercises | 10 min brisk walk  
2 min jog  
1 min walk  
- repeat all 3 times  
50 yds carry 15-lb sandbag  
10 sandbag squats  
put sandbag down  
10 sandbag deadlifts  
1 min rest  
- repeat all 5 times  | 10 min brisk walk  
4 min jog  
2 min walk  
- repeat all 5 times  | Dynamic Warm-up  
7 push-ups  
40 sec plank  
20 squats  
7 deep lunges  
5 deep lateral lunges, each side  
10 ft bear crawl  
10 ft crab walk  
- repeat all 4 times  
Finish with Mobility 1 Exercises | Recovery - Read Spartan Up! by Spartan Race Founder Joe DeSena  
Run your Spartan Sprint!  
Then find a Spartan SGX coach near you to continue your Spartan training  
Sign Up For A Race!  
www.spartan.com  
Find a coach here.  
www.spartan.com/find-spartan-coach |
| 5    | 10 min brisk walk  
5 min jog  
2 min walk  
- repeat all 5 times  
Finish with Mobility 1 Exercises | Dynamic Warm-up  
10 push-ups  
60 sec plank  
25 squats  
10 deep lunges  
20 ft bear crawl  
20 ft crab walk  
- repeat all 4 times  
Finish with Mobility 2 Exercises | 10 min brisk walk  
2 min jog  
1 min walk  
- repeat all 3 times  
50 yds carry 15-lb sandbag  
10 sandbag squats  
put sandbag down  
10 sandbag deadlifts  
1 min rest  
- repeat all 5 times  | Run your Spartan Sprint!  
Then find a Spartan SGX coach near you to continue your Spartan training | Recovery - Research the health benefits of high-intensity training. | | |

### HOW TO MAKE A 15-POUND SAND BAG

**Equipment:**

- 15 pounds of sand, two to three contractor or heavy-duty trash bags, duct tape

Put 15 pounds of sand into one of the trash bags. Let the sand settle into one of the corners. Fold the trash bag in half the long way and then roll the bag up from the bottom to the top pushing the air out as you roll. Seal the top of the bag with duct tape and wrap four to five strips of tape around the entire bag. Put the sand bag inside a second bag and repeat the procedure. A tighter roll will make the bag more stable and easier to handle. If you desire a more dynamic and unstable sand bag, roll it a little bit looser. Add a third bag for greater durability.
DYNAMIC WARM-UPS

Warm-ups are not a race or a competition. They should focus on controlled movements through the full range of motion. Take very little rest between the movements. By the end of the warm-up, you should feel slightly fatigued and you should have broken a sweat.

- Five minutes: easy jog
- 10 reps of each of the following:
  - Head turns, right and left
  - Shoulder shrugs (up, back, down, forward and up, forward, down, back)
  - Arm circles, front and back (start small building up to large swings)
  - Back slaps
  - Standing back bends
  - Lateral side bends
  - Standing leg swings from the hip (front and back, side to side)
  - Ankle circles, right and left
  - Partial squat
  - Partial lunge

MOBILITY 1 EXERCISES

**Hamstring Stretch**
Stand with your legs wider than shoulder-width apart. Lower yourself into a squat position and grab your toes. Slowly straighten out the legs until you feel tension in the hamstrings. Hold for 10 seconds. Drop your hips back into the squat position and stand back up. Repeat 10 times.

**Glute Stretch**
Lie on your back with your feet flat and knees bent. Raise one knee up toward your chest, bringing the foot across to the outside of the opposite leg. Rotate the thigh of the “up leg” toward and then away from the chest five times, and then grab the thigh of the “down leg” and pull it toward the chest until you feel tension in the opposite hip. Repeat three times on each side.

**MOBILITY 2 EXERCISES**

**Warrior Pose**
Get into the lunge position, with the rear foot turned out. Drop the hips until the forward thigh is parallel to the ground and extend the arms directly overhead with the hands together. Keep the chest high up and the head facing forward. Hold for 30 seconds and then switch sides. Repeat three times.

**Triangle Pose**
In the warrior pose, straighten both legs with the front foot pointing forward and back foot pointing out. Reach down the forward leg as far as possible with the same arm, ideally touching the ankle. Reach up with the opposite arm so that both arms make a straight, vertical line (one reaching toward the ground the other toward the sky). Hold for 15 seconds and then switch sides. Repeat three times.

**Unilateral Hip Flex**
Stand with arms overhead or out to the side. Extend one leg back and bend at your hips to lower your torso until your torso is parallel to the floor. Hold the pose and reach forward and backward with your arms and leg, respectively, as if you were trying to make yourself longer. Breathe deeply to make your body longer and lighter. Hold for 15 seconds and then switch sides. Repeat three times.