



# TRAINING PLAN

MARZO 2019

MATTIA FRANCESCHI (COACH SPARTAN SGX – ITALY)



GIORNO 1: OUTDOOR	GIORNO 2: INDOOR	GIORNO 3: INDOOR	GIORNO 4: OUTDOOR	GIORNO 5: INDOOR
<p>5 rounds:</p> <ul style="list-style-type: none"> <li>• 30m Walking Lunges</li> <li>• 50m Crawl</li> <li>• 5' rest</li> <li>• 1 Km Sprint Run - test</li> </ul>	<ul style="list-style-type: none"> <li>• Dynamic warm up</li> <li>• Spartan Fit Test - Max reps 5'</li> <li>• Rest 5'</li> <li>• Dead Hang - Max time</li> </ul>	<ul style="list-style-type: none"> <li>• Dynamic warm up</li> </ul> <p>3 rounds:</p> <ul style="list-style-type: none"> <li>• Dead Hang 30 Sec</li> <li>• Plank 30 Sec</li> <li>• ISO Squat 30 sec</li> </ul>	<ul style="list-style-type: none"> <li>• Go out for 120' easy hiking</li> </ul>	<p>10 rounds:</p> <ul style="list-style-type: none"> <li>• 20 Kettlebell Swing</li> <li>• 5 burpees</li> </ul> <p>Dead Hang one arm – Max time</p>

<p><b>GIORNO 6: OUTDOOR</b></p> <ul style="list-style-type: none"> <li>• Amrap 5' push ups</li> <li>• Learning wall technique</li> </ul>	<p><b>GIORNO 7: INDOOR</b></p> <p>10 rounds:</p> <ul style="list-style-type: none"> <li>• 10 Wall Ball</li> <li>• 10 Black Squat</li> <li>• 10 Dumbbell Press</li> </ul>	<p><b>GIORNO 8: OUTDOOR</b></p> <p>4 rounds:</p> <ul style="list-style-type: none"> <li>• 500m Slow Run</li> <li>• 500m Carry Run</li> <li>• 200m Fast Run</li> <li>• 200m Recover</li> </ul>	<p><b>GIORNO 9: INDOOR</b></p> <p>Tabata:</p> <ul style="list-style-type: none"> <li>• Pushup</li> <li>• Squat</li> </ul> <p>Tabata:</p> <ul style="list-style-type: none"> <li>• Jumping Jacks</li> <li>• Burpees</li> </ul>	<p><b>GIORNO 10: INDOOR</b></p> <p>15 rounds:</p> <ul style="list-style-type: none"> <li>• 30 Crunches</li> <li>• 20 Sit Ups</li> <li>• 10 Push Up</li> </ul> <p>Learning Spear Throw Technique</p>
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<p><b>GIORNO 11: OUTDOOR</b></p> <ul style="list-style-type: none"> <li>• 3km Run "Sprint"</li> <li>• 5km Run "Super"</li> <li>• 8km Run "Beast"</li> </ul>	<p><b>GIORNO 12: INDOOR</b></p> <p>10 rounds:</p> <ul style="list-style-type: none"> <li>• 30 weighted step ups</li> <li>• 30 sandbag squats</li> <li>• 100 sit-ups</li> <li>• 30" recovery</li> </ul>	<p><b>GIORNO 13: INDOOR</b></p> <p>Learning Rope Climb 20'</p> <ul style="list-style-type: none"> <li>• 2 rope climb</li> <li>• 5 burpees</li> </ul> <p><i>X10 Sprint</i> <i>X15 Super</i> <i>X20 Beast</i></p>	<p><b>GIORNO 14: RELAX</b></p> <p>Walk in the nature</p>	<p><b>GIORNO 15: OUTDOOR</b></p> <p>8 rounds:</p> <ul style="list-style-type: none"> <li>• 2' burpees</li> <li>• 500m Sprint run</li> <li>• 2' Plank rest</li> </ul>
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<p><b>GIORNO 16: INDOOR</b></p> <p>10 rounds:</p> <ul style="list-style-type: none"> <li>• 10 sit ups</li> <li>• 20 hang leg raises</li> <li>• 30" plank</li> </ul> <p>Amrap 5':</p> <ul style="list-style-type: none"> <li>• 3 rope climb</li> <li>• 10 burpees</li> </ul>	<p><b>GIORNO 17: INDOOR</b></p> <p>Amrap 20':</p> <ul style="list-style-type: none"> <li>• 50 burpees</li> <li>• 40 pull-ups</li> <li>• 30 box jumps</li> <li>• 20 sandbag squat</li> <li>• 10 push up</li> </ul>	<p><b>GIORNO 18: OUTDOOR</b></p> <p>Learning Barbed Wirw 20'</p> <p>5 rounds:</p> <ul style="list-style-type: none"> <li>• 20m barbed wire</li> <li>• 10 burpees</li> </ul>	<p><b>GIORNO 19: MEMORY</b></p> <p>Memorize a code</p> <p>Go out for a walk 60'</p> <p>Verify once back home if correct</p>	<p><b>GIORNO 20: OUTDOOR</b></p> <p>Carry somethisg for 10'</p> <p>Do 100 air squats</p> <p><i>X1 Sprint</i> <i>X2 Super</i> <i>X3 Beast</i></p>
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<p><b>GIORNO 21: OUTDOOR</b></p> <p>400m Sprint Run 1' rest 200m Sprint Run 1' rest</p> <p><i>X5 Sprint</i> <i>X8 Super</i> <i>X10 Beast</i></p>	<p><b>GIORNO 22: OUTDOOR</b></p> <p>Active Warmup</p> <p>8km run</p>	<p><b>GIORNO 23: INDOOR</b></p> <p>Amrap 25':</p> <ul style="list-style-type: none"> <li>• 30" plank</li> <li>• 1 rope climb</li> <li>• 1 wall climb</li> <li>• 1' crawl</li> <li>• 10 push up</li> </ul>	<p><b>GIORNO 24: INDOOR</b></p> <p>50/40/30/20/10</p> <p>Squats</p> <p>Box Jumps</p>	<p><b>GIORNO 25: INDOOR</b></p> <p>60' swim</p>
<p><b>GIORNO 26: INDOOR</b></p> <ul style="list-style-type: none"> <li>• 10 lounges</li> <li>• 10 squats</li> <li>• 100m overhead carry</li> <li>• 1' rest</li> </ul> <p><i>X10 Sprint</i> <i>X15 Super</i> <i>X20 Beast</i></p>	<p><b>GIORNO 27: OUTDOOR</b></p> <ul style="list-style-type: none"> <li>• 1km run</li> <li>• 500m sandbag carry</li> <li>• 1km run</li> </ul> <p><i>X2 Sprint</i> <i>X3 Super</i> <i>X4 Beast</i></p>	<p><b>GIORNO 28: REST</b></p> <ul style="list-style-type: none"> <li>• 30' full body stretching</li> <li>• 60' cycling</li> </ul>	<p><b>GIORNO 29: RECOVER</b></p> <p>Walk 20' Stretching 40'</p>	<p><b>GIORNO 30: RACE DAY</b></p> <p><b>Spartan Maggiore!</b></p>