PREPARE FOR GLORY

SPARTAN RACE
6 WEEK TRAINING PROGRAM
with Andrew Pap

BROUGHT TO YOU BY

SPARTAN AUSTRALIA x THE 365
WITH ANDREW PAP
Welcome! I’m proud to be teaming up with Spartan Australia to deliver this obstacle specific program.

Whether it’s your first race and you’re needing guidance to best prepare yourself or you’re long time veteran and you simply want the competitive edge. My Spartan Program has been tried and tested to deliver unreal results that will see you to victory!

The program is designed to cater for the Spartan SPRINT race. The program can be modified to suit your needs in terms of capabilities, training history, specific equipment modifications etc.

If you need assistance with anything please reach out on my Instagram @andrew_pap as i’m wanting to help.

NOTE: The best program is the program that’s consistent and suits your abilities. Whether your time poor or new to training, you need to set realistic goals to what you can achieve in the lead up to your event.

If you’re needing further guidance, support and accountability click here to gain access to my 365 program.

The Rate of Perceived Exertion ‘RPE’ is a scale below that we will heavily rely on to convey what intensity to deliver at particular components/sessions.

This will allow you to customise the stressors to suit your abilities and require the correct stimulus for the wanted adaptation.

Good luck Spartan,

Andrew Pap
GYM SESSION 1
Squat/Hinge - Muscular Endurance/Grip Focus

Warm Up:
Rower/Ski Erg
Steady State
10-20mins
RPE 5/10

Component One:
Week One EMOM
Min 1: 10 Swings
Min 2: 10 Goblet Squats
Min 3: 10 Step Ups
Min 4: 10 RDL
Min 5: 10 Cossack to Curtsy
Min 6: 10 Cossack to Curtsy
(5 Rounds) Effort 7/10
Week Two (EMOM) Effort 8/10
Week Three (AMRAP) Effort 9/10

Component Two:
30sec Hang
30sec Farmers Hold @1/2 BW
5 Rounds
Week 2 @ 75% BW
Week 3 @ 100% BW
Effort 8/10

• Progression to stay in ‘active hang’ and farmers walk
• No rest between hang and farmers

CARDIO SESSION 1
1km (run, row or ski) efforts @ 7/10
• Complete (10 Push Ups + 10 Squats x 3)
• 5 Rounds. Minimal to no rest. Preferably run.
• Record time of week 1,2,3 to track results.
GYM SESSION 2
Rotation/Pull - Hypertrophy/Stability Focus

Warm Up:
Assault Bike
Steady State
10mins (Effort 5/10)

Component One:
12 Dead Lifts @ 8/10
8.8 S/A KBell Swings
20 Dead Bugs
4 Rounds
**Week 2:** (9 Deadlifts @ 8/10)  
**Week 3:** (6 Deadlifts @ 8/10)

Component Two:
1. 12 Renegade Row
2. 12 Landmine Rotations
3. 6.6 S/L RDL to DBell Row
   (4 Rounds)

CARDIO SESSION 2
500m effort @ 3km pace 1:1, 10 Rounds
**Week 2:** 400m @ 1km pace 1:1, 7-10 Rounds  
**Week 3:** 400m @ 8/10 effort 1:2, 5-8 Rounds
GYM SESSION 3
Push/Carry/Jumping/Grip Muscular Endurance Focus

Warm Up
12min Row Effort 6/10

Component One (Circuit)
Max reps for specified times below
Week 1: 30:30
Week 2: 60:30
Week 3: 60:00
4-5 Rounds
1. DBell Floor Piston Press
2. Shoulder Carry (DBall or SBag)
3. Burpee Box Jumps
4. Heavy Farmers Carry w/ Squat on every lap
5. Rest

*Both the carry on exercise 2 & 4 can be either 10 or 20m. As long as it stays consistent.

Component Two
200 Lunges
E2MOM (inc. 0:00)
20 lateral jumps + 10 DBell O/H Press
Effort 8/10 - meaning the weight used is difficult.

CARDIO SESSION 3
40min Run - adding 10mins each week. effort should be dictated by the ability to maintain pace from start to finish.

*every 5mins complete 20 Frog Squats + 10 Burpees
GYM SESSION 1
Carries/Cleans/Squats/Hang Focus

Warm Up:
5min Steady State Air Bike (nasal breathing)
Dynamic Movements

Component One:
- 10 GTS (ground to shoulder)
- 20 Front Squats
- 30cals Assault Bike
- 40m Shoulder Carry
  x 5 Rounds
- Deadball or Dumbbell
- Complete as quick as possible
- Efforts 7/10

Component Two:
- 5-10 Mixed Grip Pull Ups
- 10 Lateral Box Overs
- 10 Toes To Towel
  3 Rounds
- Quality of movement over speed.

CARDIO SESSION 1
5 x 1km @ 7-8/10 into Pinch Grip max metres
- Select weight plates that you can carry for at least 20m
- Rest after Pinch Carry. Ensure that rest remains the same throughout all rounds.
- Record the time it takes to complete each 1km effort.
GYM SESSION 2
Push/Throw/Jump Focus

TABATA Warm Up:
10sec @ 8/10
20sec @ 5/10
on Assault Bike/Row

Week 4 (12 Rounds)
Week 5 (16 Rounds)
Week 6 (20 Rounds)

Component One:
10 Sled Press
10 Slam Balls or DBell Snatches
10 Explosive Step Ups or Plyo Lunges
4-5 Rounds
  • Deadball or Dumbbell
  • Complete as quick as possible

Component Two:
6 Depth Box Jump
8 O/H DBell Push Press
10 Dball Hang Cleans
4-5 Rounds
  • Wk 5/6 increase weight or reduce rest each week.
  • Complete as quick as possible

CARDIO SESSION 2

Wk 4, 400m @ 7/10, 1:2, + 30 burpees 5 Rounds
Wk 5, 400m @ 7/10, 1:2, + 30 burpees 5 Rounds
Wk 6, 250m @ 10/10 1:5 5 Rounds
  • ensure you record your time with each run
  • maintain pace through out all efforts.

Component Two
1600m Run @ 5km pace
GYM SESSION 3
Agility Drills/Grip Focus

Warm Up:
Bike 10-15mins Effort 6-7/10
Agility specific (check Facebook)

Component One: (Agility Circuit)
Format 1-3
1. Four Square Cone Drill Ladder
2. 20 Side to Side Hops + 20 Front To Back
3. 2 Triangle Cone Drill
   ∙ Between each set complete a max hang
   ∙ Rest after each round

Component Two:
1. 45 degree angle off the wall
2. Reactive Jumps
3. Zig Zag Cuts
4. Push Up Sprint @ Effort 9/10

CARDIO SESSION 3
• Run 75% of racing distance
• Every 10% of that 75% complete 20 Reactive Jumps + 10 burpees
i.e. training for a 14km race, I’ll run 75% of that distance ‘10.5km’. Every 10% so every 1,050m I’ll perform the two exercises.
# Glossary

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Definition</th>
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<tbody>
<tr>
<td>E5MOM</td>
<td>Every 5 Minutes on the Minute</td>
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<tr>
<td>AMRAP</td>
<td>As Many Rounds/Reps As Possible</td>
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<tr>
<td>RPE</td>
<td>Rate of Exertion</td>
</tr>
<tr>
<td>RDL</td>
<td>Romanian Dead Lift</td>
</tr>
<tr>
<td>Effort</td>
<td>RPE</td>
</tr>
<tr>
<td>E2MOM</td>
<td>Every 2 Minutes On the Minute</td>
</tr>
<tr>
<td>GTS</td>
<td>Ground To Shoulder</td>
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<tr>
<td>DBell</td>
<td>Dumbbell</td>
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<tr>
<td>DBall</td>
<td>Dead Ball</td>
</tr>
<tr>
<td>O/H</td>
<td>Overhead</td>
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## Rating Perceived Exertion Scale

<table>
<thead>
<tr>
<th>RPE 1</th>
<th>Very Easy</th>
<th>Active Recovery</th>
<th>All day pace, 30-90 min easy rides</th>
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</thead>
<tbody>
<tr>
<td>RPE 2</td>
<td>Easy</td>
<td>Endurance</td>
<td>Long Slow Distance, Walking, Light flexibility work</td>
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<tr>
<td>RPE 3</td>
<td>Moderate</td>
<td></td>
<td>Long Steady Aerobic Endurance Training, Light Yoga</td>
</tr>
<tr>
<td>RPE 4</td>
<td>Hard</td>
<td>Tempo</td>
<td>Hiking moderate terrain, Tempo riding 60-180 minutes</td>
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<td>RPE 5</td>
<td></td>
<td></td>
<td>Strength Endurance Training</td>
</tr>
<tr>
<td>RPE 6</td>
<td>Very Hard</td>
<td>Threshold</td>
<td>10-30 minute running or cycling intervals.</td>
</tr>
<tr>
<td>RPE 7</td>
<td>Hard</td>
<td>Vo2 Max</td>
<td>3-8 minute work intervals</td>
</tr>
<tr>
<td>RPE 8</td>
<td>Extremely Difficult</td>
<td>Anaerobic Capacity</td>
<td>Strength &amp; Power Training, Mountain Running, 30 sec to 3 minute max-efforts.</td>
</tr>
<tr>
<td>RPE 9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RPE 10</td>
<td>Max Effort</td>
<td>Neuromuscular Power</td>
<td>Max Lifts, Sprinting 20 seconds or under.</td>
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</tbody>
</table>
Want to join Andrew Pap’s Online Personal Training Group to access **Hundreds of Workouts, 30 & 90 Day Training Plans, Mindset Videos, Nutritional Support** and be a part of a supportive training community home of Australians Leading Sports Dietician & Exercise Physiologist? 

**What's Next?**

[Learn More](www.the365withandrewpap.com)