

# Spartan Building Products

## Thecasesolutions.com

**What are Spartan Races?**

**Thecasesolutions.com**

- Leader in obstacle course racing
- The times and rankings can be posted globally
- You can race at any fitness level
- There are three main race types

- 1.Sprint
- 2.Super
- 3.Beast

Endurance Events




**Pros and Cons**

**Cons:**

- Cost of the Race(\$85-375)
- Injuries on the course or training
- Locations

**Pros:**

- You will be in good shape
  - Thrill seeking
- More confidence in yourself
  - Meet new people

**Spartan Sprint**

**Thecasesolutions.com**

- 3+ miles
- 20+ obstacles
- Focuses on your quickness through the different obstacles









**TV Series**

- Spartan: The Ultimate Team Challenge: teams are made up of 2 guys and 2 girls and one "elite spartan athlete".
- One mile course for the chance at \$250,000
- Six teams will compete in each of the seven episode, and the top two teams make it to the final championship.
- Its televised on NBC



**Training and Nutrition**

**Thecasesolutions.com**

**Training:**

- SGX is the official workout program of Spartan Races. The program focuses on body weight exercises.
- You can get a workout of the day and sign up for a free training plan on the website.
- There are also training videos so you can see what the obstacles and/or exercise looks like.

**Nutrition:**

- Spartan race take on nutrition is to keep it simple and non-processed food.
- On the website they provide recipes and a lot of blogs discussing nutrition.



**Works Cited**

<http://www.spartan.com/en>

<http://www.youtube.com>

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### A Little History

#### Thecasesolutions.com

- Founder is Joe de Sena, he is a world class adventure racer
- Founded in 2004
- "Spartan Race is a sport, community, a philosophy, a training and nutrition program – with daily advice, a podcast, a series of books, an activity for kids, workout gear, a media channel, an NBC Sports series, a digital magazine, and a timed obstacle race."



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## Spartan Beast

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- 12+ miles
- 30+ obstacles
- For the elite Spartan Racers

## Endurance Events

Thecasesolutions.com

- Ultra Beast-26+ miles with 60+ obstacles
- Hurricane Heat-3-4 hours of team building
- Hurricane Heat 12 hours- 12 hours of team building
- Agoge- 60 hours-Team building and testing your mental and physical strength

## Spartan Super

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- 8+ miles
- 25+ obstacles
- Need to bring more grit

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