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way, this plan offers you the basic training you need to finish your first Spartan event in 5 weeks. No fluff. No nonsense. Just follow our lead and you'll develop the confidence and capabilities . Shop stocking stuffers · Explore top gifts. Welcome to the week Spartan training program. This program is specifically designed to help you achieve your goal of completing a Spartan Race. Before starting, here are answers to . With this Training Guide you have all the information you need to get your Spartan journey started. The ultimate purpose of this program relies upon one simple idea to get you Spartan fit and ready to tackle the Spartan Race. way, this plan offers you the basic training you need to finish your first Spartan event in 5 weeks. No fluff. No nonsense. Just follow our lead and you'll develop the confidence and capabilities to tackle the challenges we'll throw at you during your first Spartan Sprint. Don't make excuses. Simply try your best each day and never give up. 1-Month Spartan Race Training Plan You have 1-month left until your Spartan Race and lot's of work to do. This is your Ultimate Spartan Race Training Plan!.