

spartan beast training plan

Spartan Beast Training Plan: Conquer the Ultimate Obstacle Course

spartan beast training plan is more than just a workout routine—it's a commitment to pushing your physical and mental limits. Whether you're a seasoned athlete or a fitness enthusiast aiming to tackle one of the most grueling obstacle course races, preparing for the Spartan Beast requires a strategic and comprehensive approach. This article will guide you through the essentials of crafting an effective training plan, incorporating endurance, strength, and agility to help you cross that finish line with confidence.

Understanding the Spartan Beast Challenge

Before diving into the specifics of a Spartan Beast training plan, it's important to grasp what the event demands. The Spartan Beast is the longest and most intense race in the Spartan Race series, typically spanning 12 to 14 miles with 30 to 35 challenging obstacles. Expect steep climbs, heavy carries, rope climbs, monkey bars, and mud crawls. The race tests endurance, strength, grip, and mental fortitude.

What Makes the Spartan Beast Unique?

Unlike shorter Spartan Sprint or Super races, the Beast requires sustained stamina and the ability to tackle obstacles even when fatigued. Training for this race means preparing your body not just for bursts of speed or strength but for hours of continuous effort. A well-rounded approach blending cardiovascular conditioning, muscular endurance, and obstacle-specific skills is key.

Key Components of a Spartan Beast Training Plan

When building your Spartan Beast training plan, consider these essential fitness components:

1. Endurance Training

Running long distances over varied terrain is fundamental. Incorporate trail runs, hill sprints, and steady-state runs to improve cardiovascular capacity and leg strength. Aim for 3-5 running sessions per week, gradually increasing mileage to build stamina without injury.

2. Strength Training

Obstacle races demand full-body strength. Focus on compound movements such as deadlifts, squats,

pull-ups, and push-ups. Functional strength that mimics race obstacles—like carrying heavy objects or climbing ropes—is crucial. Incorporate exercises that target grip strength, such as farmer's carries and towel pull-ups.

3. Obstacle Technique Practice

Getting familiar with obstacle-specific skills can shave precious time and save energy during the race. Practice rope climbs, wall climbs, monkey bars, and crawling techniques. Many Spartan training facilities offer obstacle courses where you can train these skills safely.

4. Mobility and Recovery

Flexibility, mobility, and proper recovery reduce injury risk and improve performance. Include dynamic warm-ups, stretching routines, and foam rolling in your training. Prioritize rest days and consider yoga or swimming for active recovery.

Sample Weekly Spartan Beast Training Plan

Here's a sample week designed to hit all the necessary fitness aspects:

- **Monday:** Strength training focusing on lower body and grip (squats, deadlifts, farmer's carries)
- **Tuesday:** Interval running with hill sprints (6-8 sprints of 30 seconds uphill)
- **Wednesday:** Obstacle skills practice (rope climbs, monkey bars, wall climbs)
- **Thursday:** Long steady-state trail run (6-8 miles at a moderate pace)
- **Friday:** Upper body strength and core (pull-ups, push-ups, planks, hanging leg raises)
- **Saturday:** Active recovery or mobility work (yoga, swimming, stretching)
- **Sunday:** Endurance circuit combining running and bodyweight exercises (e.g., run 1 mile, then 20 burpees, repeat 3 times)

Nutrition and Hydration Tips for Spartan Beast Training

Fueling your body correctly is as important as physical training. A diet rich in lean proteins, complex carbohydrates, healthy fats, and plenty of vegetables supports muscle repair and sustained energy release. Hydration plays a key role, especially when training in hot or humid conditions. Aim to drink water consistently throughout the day and consider electrolyte replacement during long training sessions.

Pre-Race and Race Day Nutrition

On race day, eat a balanced meal 2-3 hours before the start—something with carbs, moderate protein, and low fat to avoid gastrointestinal distress. During the race, consume energy gels, bars, or electrolyte drinks to maintain energy levels. Practice your race-day nutrition strategy during long training sessions to find what works best for you.

Mental Preparation and Mindset

The Spartan Beast is as much a mental challenge as it is physical. Training your mind to stay focused, motivated, and resilient will carry you through the toughest moments.

Visualization and Goal Setting

Visualize yourself conquering obstacles and running strong in the final miles. Set incremental goals for each section of the race to avoid getting overwhelmed by the distance.

Embracing the Suck

Spartan racers often talk about “embracing the suck”—accepting discomfort as part of the journey. Developing mental toughness through challenging workouts and obstacle practice can build this resilience.

Common Mistakes to Avoid in Your Spartan Beast Training

Avoiding pitfalls can make your training more effective and reduce injury risk:

- **Neglecting Obstacle Practice:** Running and lifting alone won't prepare you for the technical demands of obstacles.
- **Overtraining:** Without proper rest, you risk burnout and injury.

- **Ignoring Nutrition:** Poor fueling sabotages performance and recovery.
- **Skipping Mobility Work:** Tight muscles limit movement and increase injury risk.

Adapting Your Spartan Beast Training Plan

Life can disrupt even the best-laid plans, so flexibility is important. If you miss a session, don't stress—adjust your schedule and focus on consistency over perfection. As the race approaches, taper your training to allow your body to recover and peak on race day.

Embarking on a Spartan Beast training plan is a rewarding journey toward greater fitness and mental strength. By combining endurance runs, strength workouts, obstacle skills, and mindful recovery, you'll be well-equipped not only to finish the race but to truly enjoy the challenge. Remember, every step, every climb, and every mud crawl brings you closer to unleashing your inner beast.

Frequently Asked Questions

What is a Spartan Beast training plan?

A Spartan Beast training plan is a structured workout regimen designed to prepare athletes for the Spartan Beast obstacle race, focusing on endurance, strength, agility, and obstacle-specific skills.

How long should I train before a Spartan Beast race?

It is recommended to train for at least 12 to 16 weeks before a Spartan Beast race to build the necessary endurance, strength, and obstacle proficiency.

What are the key components of a Spartan Beast training plan?

Key components include cardiovascular endurance training, strength training (especially functional and bodyweight exercises), obstacle technique practice, flexibility, and recovery.

How often should I train each week for a Spartan Beast?

Most Spartan Beast training plans suggest training 4 to 6 days per week, balancing running, strength workouts, and obstacle-specific drills.

Can beginners follow a Spartan Beast training plan?

Yes, beginners can follow a Spartan Beast training plan, but they should start with a beginner-friendly program that gradually increases intensity and volume to avoid injury.

What types of workouts are included in Spartan Beast training?

Workouts typically include trail running, hill sprints, weightlifting, bodyweight exercises like pull-ups and burpees, grip strength training, and simulated obstacle practice.

How important is nutrition in a Spartan Beast training plan?

Nutrition is crucial; a balanced diet rich in protein, carbohydrates, healthy fats, and hydration supports training performance, recovery, and overall race readiness.

Additional Resources

Spartan Beast Training Plan: A Detailed Examination for Optimal Race Preparation

spartan beast training plan represents a specialized regimen designed to prepare athletes for one of the most grueling obstacle course races in the Spartan Race series. As a demanding event that challenges endurance, strength, agility, and mental resilience over approximately 12-14 miles with over 30 obstacles, the Spartan Beast necessitates a comprehensive and targeted training strategy. This article delves into the essential components, benefits, and considerations of an effective Spartan Beast training plan, providing a nuanced perspective valuable to both seasoned racers and newcomers aiming to conquer this formidable challenge.

Understanding the Spartan Beast Challenge

The Spartan Beast stands apart from other Spartan Race formats through its extended distance and elevated obstacle density. Typically spanning 12 to 14 miles, the Beast tests not only cardiovascular capacity but also muscular endurance and functional strength. Participants face a wide range of obstacles including heavy carries, rope climbs, wall climbs, and endurance-based challenges like burpees and monkey bars.

Given the race's multifaceted demands, a Spartan Beast training plan must incorporate elements of endurance running, strength training, obstacle-specific skills, and recovery protocols. Simply running long distances or lifting weights in isolation does not suffice for success in this complex event.

Key Components of a Spartan Beast Training Plan

An effective training program for the Spartan Beast balances multiple fitness domains to develop the

all-around athleticism required. The core components include:

- **Endurance Training:** Long-distance running, trail runs, and interval training build cardiovascular stamina essential for the 12+ mile course.
- **Strength Conditioning:** Emphasis on functional strength exercises such as deadlifts, squats, pull-ups, and grip training prepares the body for heavy carries and climbing obstacles.
- **Obstacle Technique Training:** Practicing specific obstacles, including rope climbs, wall scaling, and monkey bars, enhances efficiency and reduces time penalties.
- **Flexibility and Mobility:** Dynamic stretching and mobility drills improve range of motion and reduce injury risk during varied movements.
- **Recovery Strategies:** Incorporating rest days, proper nutrition, hydration, and sleep to support adaptation and prevent overtraining.

Structuring the Spartan Beast Training Plan

A well-structured Spartan Beast training plan typically spans 12 to 16 weeks, progressively intensifying to peak on race day. The periodization approach is highly recommended, dividing the preparation into distinct phases:

Base Phase (Weeks 1-4)

This initial phase focuses on building foundational endurance and general strength. Runners should prioritize steady-state cardio sessions, gradually increasing mileage on flat and trail terrains. Strength workouts emphasize full-body conditioning with moderate weights and higher repetitions to develop muscular endurance.

Build Phase (Weeks 5-10)

The build phase introduces higher-intensity interval training (HIIT) and hill repeats to simulate race conditions. Strength training shifts towards heavier loads and lower repetitions to increase power. Athletes begin incorporating obstacle-specific drills and grip strength exercises. Cross-training activities such as swimming or cycling may be introduced to enhance overall fitness while allowing active recovery.

Peak Phase (Weeks 11-14)

During this phase, training volume peaks with race-specific workouts combining running and obstacle sequences, often called “brick workouts.” These simulate the fatigue and transitions encountered in the actual event. Tapering strategies also commence towards the end of this phase, reducing volume to allow optimal recovery.

Recovery Phase (Post-Race)

Post-event recovery is crucial for long-term athletic sustainability. Active recovery, mobility work, and addressing any injuries or niggles should be prioritized.

Critical Training Elements and Considerations

Running and Trail Adaptation

The Spartan Beast terrain is rarely flat or paved, often involving trails, mud, and uneven surfaces. Training on similar terrain is vital to acclimate the body to the demands of uneven footing and varied inclines. Incorporating hill sprints and technical trail runs enhances proprioception and leg strength.

Grip Strength and Upper Body Focus

Many obstacles require strong grip endurance, such as rope climbs and monkey bars. Including targeted grip exercises like farmer’s carries, dead hangs, and towel pull-ups can significantly improve performance. Upper body strength exercises should be balanced to avoid overuse injuries, especially in the shoulders and elbows.

Nutrition and Hydration Strategies

Given the race duration and intensity, fueling strategies before and during training are essential. A Spartan Beast training plan should integrate nutritional planning, emphasizing balanced macronutrients and hydration protocols to support sustained energy levels and recovery.

Mental Preparation and Resilience

Endurance events like the Spartan Beast are as much mental challenges as physical ones. Visualization techniques, mindfulness, and controlled breathing exercises can help athletes manage race-day stress and maintain focus through fatigue.

Pros and Cons of Following a Structured Spartan Beast Training Plan

While committing to a structured Spartan Beast training plan offers numerous advantages, it is important to weigh potential downsides.

Pros

- **Targeted Fitness Development:** Comprehensive training addresses all race demands, improving chances of successful completion.
- **Injury Prevention:** Gradual progression and balanced workouts reduce overuse injuries compared to ad-hoc training.
- **Confidence Building:** Familiarity with obstacles and race conditions boosts psychological readiness.
- **Measurable Progress:** Structured plans allow tracking improvements and adjusting strategies accordingly.

Cons

- **Time Commitment:** The multifaceted nature of the plan requires significant weekly training hours which may be challenging for busy individuals.
- **Risk of Overtraining:** Without adequate recovery, the intensity of combined endurance and strength sessions can lead to fatigue or injury.
- **Accessibility of Obstacles:** Not everyone has access to obstacle training facilities, potentially limiting specific skill practice.

Comparisons with Other Spartan Race Training Plans

Compared to the Spartan Sprint or Super, the Beast demands a more extensive and rigorous training approach. Sprint-focused plans prioritize explosive power and speed over shorter distances, while Super plans strike a balance between endurance and strength. The Beast plan's increased mileage and obstacle volume necessitate greater endurance conditioning and mental stamina.

For example, a Spartan Sprint training plan might include 2-3 weekly runs under 5 miles combined with strength sessions, whereas the Beast plan often requires 4-5 runs per week, including long runs exceeding 8 miles and specific obstacle workouts.

Incorporating Technology and Coaching

Modern training tools like GPS watches, heart rate monitors, and training apps can enhance the effectiveness of a Spartan Beast training plan by providing data-driven insights. Metrics such as pace, heart rate variability, and recovery status help tailor workouts and prevent overtraining.

For those seeking personalized guidance, professional coaching—either in-person or virtual—can offer customized programming, technique correction, and motivation. Group training environments or obstacle race clubs also provide community support and access to specialized equipment.

Ultimately, embarking on a Spartan Beast training plan requires dedication to a multifaceted fitness regimen that balances endurance, strength, technical skills, and recovery. By understanding the event's unique demands and structuring preparation accordingly, athletes can approach race day with confidence and resilience. The journey through progressive phases, obstacle mastery, and mental conditioning not only prepares the body but also cultivates the grit intrinsic to Spartan racing culture.

Spartan Beast Training Plan

spartan beast training plan: Obstacle Race Training Bible James Villepigue, 2012-12-04

The first how-to guide to help readers prepare for and conquer a new and growing form of distance racing popping up all over the country, written by bestselling fitness author James Villepigue. Obstacle Race Training Bible provides readers with one-stop access to everything you need to know to prepare for and successfully complete a Tough Mudder, Spartan Race, Warrior Dash, or any of the other international or regional obstacle races that are taking the world by storm. All of these races combine running various distances and terrain with hard-core obstacles that are both physically and mentally challenging: climbing through pitch-black flooded tubes and over walls, carrying logs uphill, traversing monkey bars, crawling through mud and under barbed wire, leaping over burning hay bales, swimming in ice cold water, navigating through live wires, and more. This combination of running and obstacles is what gives participants a very different kind of challenge than they get with a 5K, marathon, or triathlon. It's a combination that also requires a very different approach to training and preparation, and that's what this book provides. Coverage includes: Profiles of all the major races: running distance, obstacles involved, completion percentage, fitness level required, etc. Obstacle overviews, including photos of what they look like, the mental and physical challenges involved, and the most effective strategies for completing them Obstacle-specific exercises that condition participants for the strength, stamina, flexibility, and mental toughness needed to complete the obstacle 8-week training programs designed for complete novices, elite athletes, and everyone in between Important information on what to wear, nutrition during training, and race day strategies

spartan beast training plan: Spartan Fit! Joe De Sena, John Durant, 2016-08-02 From the

best-selling author of *Spartan Up!* a complete 30-day workout and diet plan to help you reach peak performance Joe De Sena designed the Spartan races to test overall conditioning: strength, flexibility, endurance, and speed. His signature take-no-prisoners approach to achieving physical and mental fitness has taken the endurance world by storm and inspired millions. Now in *Spartan Fit!*, De Sena breaks down that approach and gives readers the tools they need to conquer the course — and life, including:

- A 30-day workout and diet plan to prepare for the Spartan Sprint — or to just get you in shape
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- How to build on one race to the next
- Inspiring, motivating stories of Spartans

A complete Spartan training guide, *Spartan Fit!* will arm readers with the strength, knowledge, and grit to never question their potential again.

spartan beast training plan: HowExpert Guide to Obstacle Course Racing HowExpert, Christopher Covello, 2022-07-06 If you want to learn how to train, compete, and succeed in obstacle course races and mud runs, then check out *HowExpert Guide to Obstacle Course Racing*. *HowExpert Guide to Obstacle Course Racing* includes 101 of the best tips to prepare, train, compete, and succeed in obstacle course races and mud runs. Unlike regular road races, obstacle courses require a well-rounded approach that includes cardio, strength, agility, dexterity, and mental fortitude to overcome the myriad of obstacles you will be faced with on the course. Obstacle course racing expert Christopher Covello breaks it down with tips and techniques to help you get signed up, get ready, and get going on your personal obstacle course-related goals that will not only assist in helping you conquer the course on race day but translate into everyday life applications as well. Covello shares his personal tips for success in the OCR field along with heartfelt stories of his personal triumphs and tribulations that taught him the advice he imparts in this book. With this book, you'll learn how to focus your training and create an actionable plan to implement on race day, as well as what to expect, what to wear, what to eat, and what to do when the finish line is crossed. No stone is left unturned, and no question is left unanswered. So take the plunge into the obstacle course racing world using this as your guide, and find out what adventures await you! Check out *HowExpert Guide to Obstacle Course Racing* to learn how to train, compete, and succeed in obstacle course races and mud runs. About the Author Christopher Covello began his obstacle course racing journey in 2015 when he needed direction and motivation to finally lose weight and get into the best shape of his life. From the first Spartan Race, he was hooked, completing his first trifecta within the year and moving on to complete many more thereafter. Due to his passion for obstacle course racing, Christopher took the reins of his physical fitness, mental health, and diet and prioritized healthy living for improved athletic OCR performance and a healthy, happy life. Christopher has competed in countless OCR events, including two world championships, and has had his fair share of personal victories and disappointments over the past seven years. He continues to run races and regularly runs, lifts, and rock climbs. *HowExpert* publishes how to guides on all topics from A to Z by everyday experts.

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Hindernissen gespickt, die die Teilnehmer auf sich allein gestellt oder im Team überwinden müssen. Vom Wassergraben über Speerwerfen bis hin zur Kletterwand ist alles dabei, was den Körper fordert. Wer entspannt und sauber im Ziel ankommt, hat definitiv etwas falsch gemacht. Joe De Sena ist der Gründer dieses besonderen Rennens, das offiziell von Reebok gesponsert wird, und legt mit diesem Werk die optimale Vorbereitung auf ein Spartan Race vor: -Einen ausführlichen 30-Tage-Trainings- und Ernährungsplan -Ganzkörpertraining - ohne Gym und ohne Geräte -Inspirierende, motivierende Geschichten erfolgreicher Teilnehmer Ein umfassendes Buch, das nicht nur der Vorbereitung dient, sondern auch ganz allgemein dabei hilft, fit und beweglich zu bleiben und das Beste aus sich selbst herauszuholen. Raus aus der Komfortzone und hinein in den Wettkampf!

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spartan beast training plan: *SPARTANfit* Chad M. McKinley, 2017-03-06 Designed specifically with your SPARTAN RACE performance in mind. Every aspect of your fitness, health and diet are covered in this comprehensive course. I have been Personal Training and Coaching since the late 1980's.....When I got my first job as a teenager at the infamous George Turners Gym (Maker of Bodybuilding champions in those days). I have served twice in the United States Army (Aviation), where I was a Master Fitness and in charge of fitness programs battalion wide. During this time period is where MAC-P fighting systems were formed and put to practice. I am a level 3. I went to college in Oregon and Arizona, where I majored in Law and Finance. Aside from my sports and fitness endeavors.....I have also spent two decades in the finance industry and in Real Estate Development. For the past 12 years I have focused on being the Agent, Coach and the trainer of Models, Performers and athletes. In particular Fitness Models, physique competitors and Pro-MMA Fighters. Over the past decade, I have worked in some of the most famous gyms in the world for their prospective sport....Training next to and sparring with some of the biggest Icons of our day. I specialize in getting clients Performance/Competition Ready. www.gymmba.info

spartan beast training plan: *Down and Dirty* Matt Davis, 2014-07-01 Obstacle course races and mud runs such as Tough Mudder, Spartan Race, Warrior Dash, Rugged Maniac, and Muddy Buddy are all waiting for you to get Down and Dirty. Author Matt B. Davis offers an overview of the most popular races before tackling the most important concerns for any racer: preparation and training. Each obstacle-focused chapter will feature a leading obstacle race athlete who will offer expert advice on how to get prepared for your next race—whether it's your first or you're a recent devotee who wants to try them all. Because each race is different, this book will supply training advice for a variety of obstacles and races.

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exercise that she personally practices regularly that will convert you into a solid OCR beast, both mentally and physically. Throughout the book, you'll be entertained with stories about the author's learning process along the way to the World Championships- the Do's and Don'ts that she learned the hard way. Learn what and what not to do with how to dress, train, eat and compete. Becoming proficient in obstacle racing for fun or for sport isn't hard, it just takes practice and anyone can do it! About the expert Nikki Hart is a world-class OCR (obstacle course race) competitor, personal trainer, sports nutritionist, sports performance speed and conditioning coach and fitness author - her latest book being *Machine Free Fitness*. Before OCR: she started training people in high school, purely by accident; was Woman Athlete of the Year for Track and Field in college her freshman year; graduated from the University of Montana with a degree in Zoology; went to vet school; started a horse rescue facility in Virginia, which she still has; and competes with her horses in 3 Day Eventing- which ironically, is very similar to OCR for horses. After her college years, she competed in local 5K races, then moved on to Triathlons. Then in 2014, Nikki helped a client prepare for his first mud run which was a Spartan Super. She ran it with him and was immediately hooked and has since continued racing and competing in OCR Championship events around the world. On the side, she enjoys running with her husband and teenage daughters in local mud runs and training horses. Her latest addition to her fitness adventures are trail ultra marathons. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.

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Stranger, go and tell the Spartans That we lie here, obedient to their commands. Since the late 20th century, the Soviet-American CoDominium had kept the peace, both on Earth and among the stars. But now the CoDominium is dying, and its death-throes will be terrible; already the nations arm for their final battle. With Earth doomed, mankind's sole hope for a future worth having rests on a planet called Sparta, a planet where American idealists have raised once more the banner of a liberty that has been forgotten amid the corruptions and tyrannies of Earth. The Spartans know that they must be strong to survive; that is why they hired John Christian Falkenberg and his Legion to train them. What the Spartans do not know is that Falkenberg's enemies have become their own³/₄that Grand Senator Bronson's techno-ninja will follow the Legion to Sparta, and there wreak a terrible vengeance aimed at ending the Spartan experiment before it has fairly begun . . . At the publisher's request, this title is sold without DRM (Digital Rights Management).

spartan beast training plan: *Get Muddy* Gail Waesche Kislevitz, 2015-10-25
Obstacle course racing: good crazy masochistic fun A collection of dramatic first-person stories about the experience of competing in obstacle course races. In the style of *First Marathons* and *Becoming an Ironman*, these stories give the personal experience of participating in the sport, either for the first time, or as a lifestyle. Plus many tips for better performance. OCR is the new series of events for people who have become bored with chasing down mile after mile in a marathon, or doing a triathlon, or, say, completing Army boot camp. OCR involves a constantly changing combination of such challenges as: crawling under barbed wire, jumping over fire, spear throwing, wall scaling, enduring electric shocks, plunging into ice-water baths—all while running a course that may be anywhere from 3 to 10 miles, or more. Participation numbers for OCR are booming. Just as marathons and 10Ks saw a huge national running boom, we are now at the dawn of the OCR Boom. *Get Muddy* will appeal to everyone from the mildly curious to the wildly committed. So go get muddy! “Doing an OCR will make you feel alive again. We are naturally wired to run, sweat, and struggle a bit. Get outside and get the juices flowing. You’ll feel great!” —Joe DeSena, founder, Spartan Race Series “OCR lets you play like a kid and experience life unedited.” —Margaret Schlachter, author of *Obstacle Race*

Training: How to Beat Any Course, Compete Like a Champion and Change Your Life and the first professional female obstacle course racer

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Paperback reissue of the Ancient-Greek thriller nominated for an Anthony Award and a 2004 IMPAC Dublin Literary Award. The Eye of Cybele is equal parts historical epic, whodunnit-style thriller, highbrow erotica and philosophical discourse. Set in the fifth century B.C. - during the reign of Pericles - the novel fictionally recreates the behind-the-scenes scandals and political intrigues that occupied the Athenian home front at the height of the Peloponessian War.

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spartan beast training plan: Olympia John A. Martino, Michael P. O'Kane, 2021-07-01 The Untold Story of the Founding of the Olympic Games... In ancient Greece and across the Mediterranean, kingdoms strive for dominance. The great powers of Carthage and Egypt look on with avarice as the might of the Greeks is spent warring between themselves, oblivious to external dangers. Year in and year out, the people suffer at the hands of their rulers and the famine and pestilence that comes with conflict. The great rulers of the day are themselves helpless to end this cycle of destruction. While life on the battlefield is cheap, the slave trade flourishes through the years of interminable battle and death. Kings and queens pray to the gods and seek wisdom from the oracles, but the gods, it seems, prefer combat to diplomacy. At Olympia, the peace of the temple precinct is an island of calm in a sea of turmoil. Here on this sacred soil grows the seed of a better future, yet even here there lurks danger and deceit as the forces of destruction reach into the sanctuary of the gods. For this seed to thrive, it will take more than prayers and goodwill. Yet often hope springs from the most unlikely sources. There is one amongst the Greeks who sees light where others only perceive darkness. One who sees that there is another way to settle conflict - with honor and courage. One who will set aflame a torch that will burn for thousands of years, down through the ages. In an epoch of chaos and strife, a new force for peace is born. Olympia: The Birth of the Games is the brainchild of two distinguished authors: Dr. Michael O'Kane is a published academic author who has worked extensively with Australian Aboriginal communities. Michael lives with his partner Erin, their two children Felix and Patrick and their curly retriever Molly. Dr. John A. Martino is a disabled veteran, honorably discharged from the Australian Defense Force. He wrote his PhD in Classical History through Monash University and the University of Melbourne on martial violence in the Old World and the New. The book is enriched with a foreword by Dr. Alexis Lyras, founder and president of the 'Olympism For Humanity Alliance'.

spartan beast training plan: American Illustrated Magazine , 1941

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