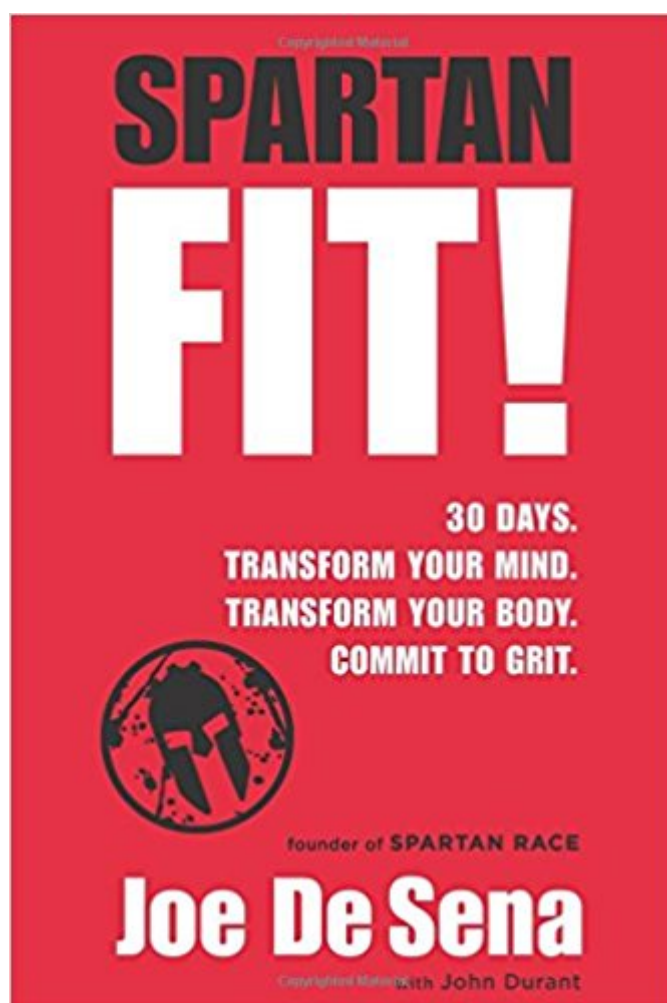


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# Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit To Grit.



## Synopsis

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
- Full-body workouts requiring no gym, no weights
- 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.

## Book Information

Hardcover: 256 pages

Publisher: Houghton Mifflin Harcourt (August 2, 2016)

Language: English

ISBN-10: 0544439600

ISBN-13: 978-0544439603

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 291 customer reviews

Best Sellers Rank: #25,532 in Books (See Top 100 in Books) #8 in Books > Sports & Outdoors > Extreme Sports #32 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #49 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

"Inspiring . . . Ideal for workout enthusiasts who want to push themselves to the limit." -- Publishers Weekly

From the founder of Spartan Race, a complete thirty-day workout and diet plan to help you train for an obstacle race whether you're a beginner preparing for their first race or a competitive athlete who wants to achieve peak performance. Joe De Sena designed Spartan Race to test overall

conditioning: endurance, strength, stamina, speed, and athleticism. 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:

- Obstacles overview and race basics
- 30-day training and recovery plan
- 29 Spartan signature recipes
- 12 new Spartan Elite training modes
- 11 new Hero workouts

Joe De Sena is a true revolutionary. A must-read for anyone looking to surmount obstacles, in racing or in life. Dean Karnazes, ultrarunner and author of *Ultramarathon Man* "If you put me on a desert island and told me to get as fit as humanly possible in thirty days, I'd ask for one item: *Spartan Fit!*" Ben Greenfield, [BenGreenfieldFitness.com](http://BenGreenfieldFitness.com) Joe De Sena is a paragon of grit, and here shows you how you're capable of so much more than you think. Angela Duckworth, author of *Grit: The Power of Passion and Perseverance* JOE DE SENA is the CEO and cofounder of the Spartan Race, a global lifestyle company. He is the best-selling author of *Spartan Up!* and has competed in the most challenging races all over the world. JOHN DURANT is the author of *The Paleo Manifesto* and is the founder of Wild Ventures. Author photograph (c) Gregory Smith "

Much needed reality check of what it takes to complete a Spartan Race and exciting to know exactly what needs to be done to conquer what would have seemed impossible months ago. This book has inspired me to complete the Spartan Race Trifecta! Off to buy supplies for training. Time to get *Spartan Fit!* AROO!

My husband and I have recently started to get in shape. He is running his first Spartan race in a couple of months. We have been listening to this book on audio and we are both really enjoying it.

I read *Spartan Up* and then when this came out I had to preorder it. After reading it and adding the information in it to my training and my skills I will continue to grow in health and mindset. Being physically fit isn't what it's all about. It's also about being mentally fit. My friend also was able to get me a personalized book signed by Joe himself. I will now gift the book that I bought and keep my signed one to always look back on. If you want to get fit and get the mindset to get it done read the Spartan books.

*SpartanFit* gives you a jump start toward getting back to your fitness goals. I have participated in many Spartan Races all over the country for years and have enjoyed every minute. I have not been able to race this year due to an injury I had surgery for and this book is helping me get back to

where I need to be to start racing again. Even if you have never done a Spartan Race or any obstacle race, you will feel empowered to reach SpartanFit status. Joe has many great tips and tells it like it is. Don't pass up a chance to read this book

Solid book - I liked the chapters that talked about the mental aspect to training and resilience. Although I have 10+ years experience in the fitness/ health/ teaching industry I took away some useful perspectives and ideas that I will incorporate into my own training. All round good read, easy read, useful read!

I downloaded this to my Kindle because I'm preparing for a rather rugged 10K trail run (working my way towards a half marathon) and wanted to be in better condition this time around. If I incorporate a quarter of the exercises into my training, I will be! The majority of the book is the standard fare of avoiding processed foods, getting eight hours sleep, etc.

“My name is Joe De Sena, and if all you want is a training program, there’s a list of exercises in chapter 6 and recipes starting on page 206. Or, to make things really simple: Go outside right now and run as far as you can. Then do as many burpees as you can. Then run, walk, or crawl home. Eat whole foods, skip dessert, don’t get drunk, get some sunshine, take cold showers, lift something heavy, use the stairs, meditate or pray, find someone to love. Lights out at 8 p.m. There’s your program. Go do it. Look, if being fit were as easy as having a list of the right exercises, the Internet would have ended the obesity crisis. There are a gazillion exercise programs out there! The team at Spartan Race posts a new workout every day – it’s all there, it’s all free. We have all this information at our fingertips. Lack of information isn’t your main obstacle. Your main obstacle is you. You are also your greatest opportunity. And that’s as true for me as it is for anyone. The purpose of this book is to help you overcome any physical or mental obstacle – and to achieve the opportunity that lives inside of you. To become Spartan Fit. ~ Joe De Sena from Spartan Fit! Joe De Sena is the founder of the Spartan Race. He’s also, as Angela Duckworth, author of Grit, tells us: “a paragon of grit” who “shows you how you’re capable of so much more than you think. A paragon of grit. That’s the perfect description. De Sena is \*extraordinarily\* inspiring. He once completed the Badwater Ultramarathon (135 miles), the Lake

Placid Ironman (140.6 miles) and a short Vermont trail run (100 miles) in one week. (!) Now, he's on a mission to help people optimize their lives and get Spartan Fit. We covered his first book Spartan Up! which was also fantastic. For this one, he teamed up with John Durant who wrote The Paleo Manifesto. Spartan Up! fired me up creatively (and got me doing burpees). This book fired me up to take my fitness to the next level. I signed up for my first Spartan Race and I'm committed to getting Spartan Fit! Let's explore some of my favorite Big Ideas: 1. Get to the Starting Line - So you'll know at the finish line. 2. Obstacle Immunity - Is what we're after. 3. Decisions - A thousand simple (+ easy) ones. 4. You Can Do This - Difficult vs. impossible. 5. 7 Pillars - of Spartan Training. Here's to the Spartan mind and energy to make that gift to the world a reality! More goodness including Philosophers' Notes on 300+ books in our \*OPTIMIZE\* membership program. Find out more at [brianjohnson.me](http://brianjohnson.me).

Spartan Fit is a great read for anyone that is an elite OCR athlete or a beginner. It takes you through what being a Spartan is, 30 day workout program which can be done at home and a nutrition guide. Very helpful in my training for Spartan races.

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