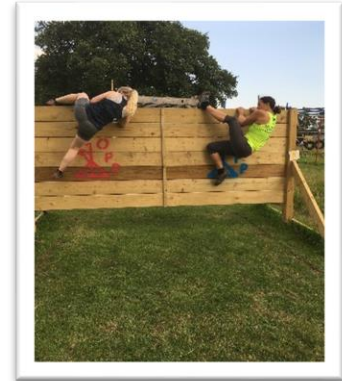


Obstacle Play Park
Spartan European championships Training Packages

With the Spartan European Championships coming to the UK in 2022 I'm launching some training packages aimed at anybody looking to prepare for it.

At Obstacle Play Park we have the most extensive selection of Spartan Obstacles outside of a Spartan race in the UK and will be add even more in time for the beginning of the courses in March 2022, over the last few years we have began to see more and more podiums at elite and age category levels along with some amazing improvements in our beginners.

I have been coaching obstacles for the last 10 years and coaching many other sports for as long as I can remember, I am now a Spartan Level 2 Coach, Spartan Obstacle Specialist and CrossFit coach and I plan to bring all of the knowledge and experience I have gained together, to offer you the best facility to train in and the best opportunity for you to fulfil your goals and potential, the schedule will take in all Spartan races as well as OCR Europeans and OCR Worlds so some of the training will prepare you for these events also, as we will not just be training on Spartan obstacles but any obstacle that will make you a better athlete.



The training groups will be limited to only 12 per group for the packages, starting in March and for the midweek sessions starting in May.

Along with the Obstacle Packages you can add 1-1 coaching, online coaching, or training plans, for both your conditioning and obstacle training.

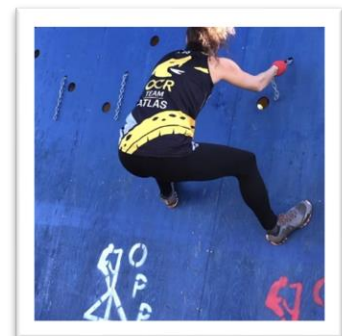
There will also be a full calendar of events that will match into your training, these will include European events and all the UK Spartans, it will also include some Hyrox Events as I believe these are a good match for the type of training we do for Spartan Races and OCR.

If you chose to take package 1 or 2 you will receive

10% of Open Practice, Obstacle Bootcamps and Spartan Race Prep Days at Obstacle Play Park from the day you commit to a package until the championships are over.

20% Discount from Jeremy at ASG Massage and Movement for any sports massage, injury, or rehab issues.

10% off Doc Spartan hand conditioner for rips and tears during your training.



Obstacle Play Park
Spartan European championships Training Packages

Package 1 GROUP 1 £250 - For elite and age group categories and potential age categories from open

Once you pay for your package you will also receive 10% discount on Open Practice Sessions, Obstacle Bootcamp & Spartan Race Day Prep sessions until October 9th 2022

This is for athletes who have a intermediate to high level of ability and will focus on improving technique, obstacle strength and fitness also mindset, attitude and race craft.

Sessions will be approximately 5 hours and will involve some fitness work stress training and race craft, also fatigued obstacle training.

Session 1 – 13th March

Will be an assessment on strength and fitness plus obstacle ability in the form of a time trial and obstacle tests, from this we will establish what kind of athlete you are and areas that you will need to focus on during the build up to the euros. We will try to place athletes into training pods of 3 or 4 to aid in motivating each other to train either at OPP or outside of the park, it will also act as small support network as you will be in small WhatsApp groups as well as a main group, but you will all be training together as much as possible and you will have structure to your obstacle training when outside of the set training days.

Nutrition – a brief overview of race nutrition

Max group size on the training will be 12 people.

Session 2 – 24th April

- Time trial course
- Climbing obstacle training, walls & ropes etc
- Grip training using non spartan equipment, nun chucks, ropes, balls etc
- Workout
- Fatigued obstacle tests
- Race & training review

Session 3 – 29th May

- Time trial course
- Hanging obstacle training
- Workout
- Pressure training and race craft
- Race & training review
- Homework

Session 4 – 24th July

- Time trial course
- Race tactics
- Race & training review
- Homework

Session 5 – 4th September

- Time Trial course
- Race & training review
- Final Homework and race prep, tapering and nutrition



Obstacle Play Park
Spartan European championships Training Packages

Package 2 GROUP 2 £250 - For open category athletes wishing to improve with a view to moving to age category at some stage soon

Once you pay for your package you will also receive 10% discount on Open Practice sessions, Obstacle Bootcamps & Spartan Race Day Prep sessions until October 9th 2022



This is for athletes who are somewhere in between beginners and intermediate level and will focus on improving technique, obstacle strength and fitness also mindset, attitude, and race craft.

Sessions will be approximately 5 hours and will involve some fitness work stress training and race craft, also fatigued obstacle training.

Session 1 – 12th March

This will be very similar to the package 1 option the main difference is that you may not be able to do as much technically as group 1 so I will help you to improve that, there will still be an assessment on strength and fitness plus obstacle ability in the form of a time trial and obstacle tests.

As in all the groups we will try to place athletes into training pods of 3 or 4 to aid in motivating each other to train either at OPP or outside of the park, but you will all be training together as much as possible and you will have structure to your obstacle training when outside of the set training days.

Nutrition – a brief overview of race nutrition

Max group size on the training will be 12 people.

Session 2 – 23th April

- Time trial course
- Climbing obstacle training, walls & ropes etc
- Grip training using non spartan equipment, nun chucks, ropes, balls etc
- Workout
- Fatigued obstacle tests
- Race & training review

Session 3 – 28th May

- Time trial course
- Hanging obstacle training
- Workout
- Pressure training and race craft
- Race & training review
- Homework

Session 4 – 23rd July

- Time trial course
- Race tactics
- Race & training review
- Homework

Session 5 – 3rd September

- Time Trial course
- Race & training review
- Final Homework and race prep, tapering and nutrition

Obstacle Play Park
Spartan European championships Training Packages

Package 3 GROUP 3 (midweek sessions) £150 - Once you pay for your package you will also receive 10% discount on Midweek Open Practice sessions and Midweek Obstacle Bootcamp until October 9th 2022

For elite and age group categories and potential age categories from open

Dates:-

24th May 6.00 - 9.00pm

5th July 6.00 - 9.00pm

23rd August 6.00 – 9.00pm

This is for athletes who have an intermediate to high level of ability and will focus on improving technique, obstacle strength and fitness also mindset, attitude, and race craft.

Sessions will be approximately 3 hours and will involve some fitness work, stress training and race craft, also fatigued obstacle training.

There are only 3 sessions in this package as opposed to five but will suit anybody that has difficulty committing to weekend sessions on a regular basis, and although not as thorough as the weekend 5 session package will still help prepare you for upcoming events.

Spartan Race prep days from £45 - £55 per session

Race prep days will consist of a Spartan workout, a course walk and some coaching followed by a race around the OPP Spartan course, with any remaining time left used for some free play and a little more coaching, each session is limited to 20.



Dates for 2022

Sunday 27th March

Sunday 22nd May

Sunday 19th June

Saturday 21st August

I'm hoping to add some midweek dates soon.

1-1 or small Group Coaching

If you want some extra help with your ambitions for either fitness, strength, or obstacles, I also offer 1-1 or small group in person obstacle training and conditioning, virtual 1-1 conditioning and training plans, just get in touch if you would like more info on these.

Small group training is for 2,3 or 4 people who want to train together, but still get the personal touch rather than training in a larger group, I can be very flexible with times so if you wanted a regular slot to train in then get in touch to discuss some options. Email mark@markloganpt.com for any questions about anything you see here.

