



**Reebok**  
**SPARTAN RACE**  
YOU'LL KNOW AT THE FINISH LINE



**GET FIT**  
**DON'T**  
**QUIT**



# **SPARTAN LIONS TRAINING**

## **SATURDAY'S AT LACS & RANCHO SAN ANTONIO OPEN SPACE PRESERVE**

**OUR GOAL IS TO RUN OUR FIRST TEAM RACE ON FEB 15th, 2020!**

The 1.5-2hr session will include a combination of strength and cardio training. The 1st part of training focuses on uphill/downhill running and hiking at Rancho. The second part focuses on obstacle proficiency. We will then test your mental strength, endurance, and physical strength back at LACS (transportation will be provided from Rancho to LACS). Training will include the proper use of sandbags, tires, ramps, buckets, weights, and monkey bars to build those upper body guns and assure that you are ready to conquer the race in February!

**COST: \$330 for 12-weekends on the following dates at 8AM or 11AM:**  
(Advanced group from 8am-10am, Beginners from 11am-12:30pm)

10/5, 10/12, 10/19, 11/2,  
11/9, 11/16, 12/7, 12/14, 1/11,  
1/18, 2/1, 2/8, 2/15 race

**For more info Contact ANDRES LEIVA: 408-393-2540 call/txt/email [andres.leiva@lacs.com](mailto:andres.leiva@lacs.com)**

**\*\*\*PLEASE SIGN UP ASAP AS SPACE IS LIMITED\*\*\***