

Obstacle Race Training How To Beat Any Course Compete Like A Champion And Change Your Life

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Obstacles | Savage Race - The World's Best Obstacles ...

With foundations in traditional ultrarunning, the Spartan Ultra merges the sport of obstacle course racing along with 50K courses and 60 obstacles to create a truly unique and brutal challenge. This is a serious ultra-distance athletic challenge.

Spartan Race | Commit To Your Unbreakable Journey

Obstacle: Colossus Slide. Once you've scaled the front side of Colossus, there's only one way down. The Colossus Slide is a near vertical drop at the top of the 24 foot tall structure. Feel gravity take over as you hit lightning speed while being flung into the water below. No training needed for this one. Just enjoy the adrenaline rush!

Spartan Ultra: OCR Ultrarunning Is the Toughest in Athletics

The three-legged race is a good obstacle that requires teamwork (When doing a three-legged race, be sure that the pairs ankles are touching and the rope used is tight around their ankles. Also, ensure that they put their arms around each other's waist for good support. This obstacle is best completed in boy/girl pairs!).

Obstacle Race Training How To

Spartan is an extreme wellness platform helping humans become UNBREAKABLE. Find a race near you and commit to an event. Shop performance & commemorative gear. Learn how to become the most elite version of yourself with our Unbreakable Blog.