A global movement quickly surpassing the popularity of marathons, half-marathons and triathlons, obstacle racing is the world’s fastest growing participant sport.

But you knew that. Did you know that enthusiasm for obstacle race training is growing just as fast? Men’s Health calls it a top fitness trend, and we agree.

After getting countless questions about how to train for a Spartan Race, Founder and CEO Joe DeSena declared that Spartan must build a training system. It would systematically evaluate fitness professionals, their knowledge of fitness and ability to help people make challenging lifestyle changes, to ensure these professionals were true Spartans.

And so, Spartan SGX was born.

DeSena hosted the first workshop to certify coaches to teach Spartan training classes at his farm in Spring 2012. It was a 2½-day sufferfest, a physical and mental ultra-endurance event that commenced with a 300 question written exam which 50 percent of the participants did not even finish. After a total of six hours of testing, eight hours of practical exams, a month’s worth of exercise and six hours of interviews, no one ended up earning the training certification.

Fast forward to 2015. The program has come a long way in a short time, and it remains absolutely true to DeSena’s guiding principle that “I only want the best of the best trainers and coaches representing the Spartan brand.”

SGX is holding dozens of workshops, in the United States, Australia, Canada, France, Great Britain, Italy, Mexico, Spain and Switzerland. The program has coaches from all of these countries, and trainers from 20 other nations have traveled to attend a workshop. In total, nearly 1,000 people have attended an SGX certification workshop, and hundreds have now earned the title of certified Spartan SGX Coach. They are the members of the first Spartan legion, an army of top coaches who have the knowledge and skills to rip 75 million people off the couch and help them get Spartan Fit.

**SGX is the world’s first certification specific to obstacle race fitness.**

Master workshop instructors teach trainers how to coach participants for Spartan Races in a way that is embedded with Spartan principles. The programming system is uniquely constructed on three progressive four-week phases covering:

**Function** – Focused on fundamental movements, coordination, nutrition and building an aerobic base.

**Fitness** – The addition of strength and high intensity interval training ("HIIT") along with more complex, coaching-intensive exercises.

**Performance** – Which models the intensity and specificity of training to a Spartan Race so athletes are optimally prepared.
Workshop participants also learn about the foundational Seven Pillars of Spartan training:

1. Endurance
2. Athleticism
3. Strength
4. Mind
5. Recovery
6. Nutrition
7. Our Code

and how to lead a high-performing life.

The educational experience does not end at the conclusion of the two-day workshop either. Following the event the Spartan coaching team provides certified coaches SGX programming tools, business resources, and the incredibly popular Spartan brand platform, on which coaches can build successful boxes, classes, gyms and studios.

If you aspire to be a true life-changer, join the exclusive community of Spartan SGX coaches, and let’s do this.

Not a trainer? The Spartan SGX Workshop is for you too!

The Spartan SGX Workshop will teach Spartan Race fans how to perform in the four domains critical to race day success — Endurance, Athleticism, Strength and Mind — and how to develop a personalized SGX training program. If you are serious about obstacle racing, the two-day Spartan SGX workshop is your ultimate training ground.