

Spartan Retreat - July 16 - 19, & August 13 - 16, 2023

Day 1 - Arrival Day

4:00pm - Check-in
6:00pm - Welcome Circle
7:15pm - Dinner
8:30pm - Evening yoga (optional) meet and greet.

Day 2

7:00am - Yoga or warm up run (optional)
8:15am - Breakfast
9:00am - 1:00pm - Introduction to Spartan, instruction to trail loops, and obstacle zones.
1:15pm - Lunch
2:00pm - 4:00pm - Strength and cardio
4:00pm - 6:00pm - personal fitness assessments, strategy of personal improvement, discussions.
6:15pm - REO Social Hour
7:15pm - Dinner
8:00pm - Setting goals for day 3
9:00pm - Nightly campfires or hot tub soak

Day 3

7:00am - Yoga or warm up run (optional)
8:15am - Breakfast
9:00am - 1:00pm - upper body strength, and obstacle training circuits.
1:15pm - Lunch
2:00pm - 6:00pm - Hill repeats, team exercises, endurance runs
7:15pm - Dinner
8:30pm - Restorative Yoga or Yoga Nidra (optional)

Departure Day

7:00am - Yoga or warm up run (optional)
8:15am - Breakfast
9:00am-1:00pm
- Spartan partner race competition OR: optional add-on activity: rafting, archery, lake kayaking ...
1:15pm - Lunch
2:00pm -3:00pm - Wrap up
3:00pm - Check-out

***Optional 5th Day:** focus on additional personal fitness training and consider booking REO activities, such as whitewater rafting, massage, lake kayaking, paddleboarding, archery, and more!