

The Spartan Way- The Ten Commandments of Training

1. Never Miss a Quality Day
2. Know what the workout is Doing for You
3. Strive to be a Training Leader
4. Run Hard
5. No Talking
6. Focus on the Workout
7. Refocus on the Workout
8. Do Not Run Side by Side
9. Be Aware of breathing patterns
10. Maintain Excellent Running Form

The Commandment I do the best:

The Commandment I need to do better:

