



Finding A Gym That Offers Variety - Timmie Brann // Spartan ATHLETE 014

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Spartan Up

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After a solid 2018, Timmie Brann is on the Spartan Pro Team for the first time in 2019. She talks about opening a gym that allows her to help people of all levels. Her gym gives people the opportunity to try a lot of different things. She also discusses why she is an OCR nerd, and keeping her race day look on point.

LESSONS:

- If you want to race fast, train fast.
Try a variety of things in training.
Race day look is everything.

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Timmie's Gym https://www.rutcamp.com/

CREDITS:

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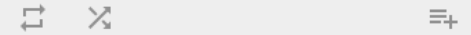
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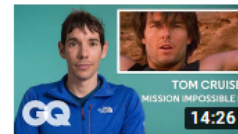


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2 Speed vs. Strength with Ryan "Drop The Hammer" Kent // Spartan Up 3:56
3 Training on the road with John Yatsko // Spartan ATHLETE 011 3:43
4 Kirk Dewindt dealing with Common Injuries // Spartan Up 3:28



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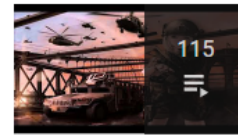
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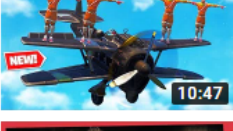
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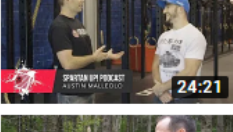
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