

## Spartanology

Certification in resilience, health, fitness, and self-care



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### How much does this cost?

The cost of the course is \$199. However, if you purchase a membership for just \$5 per month (\$60 per year) you can enjoy not only this course but all courses in Spartan Edge.

### When can I start?

As soon as you purchase you will have access to the materials. You can begin as soon as you are ready. And we recommend jumping right in – the water may be chilly but you'll feel awesome afterwards!

### How does it work?

Once you purchase the course / sign up for membership??and your account is created, your course will be accessible through the course portal. You will have access to all the lessons, supporting materials, discussion groups, and homework. Then... it's up to you to DO. THE. WORK. Once you do that – sit back and watch the magic unfold. Are you kidding?! Get out there, use your new skills, and make magic happen. Aroo!

### Can I download the videos?

The course itself cannot be download but all supporting materials – worksheets and handouts – are available for download. You'll find a download button in the resources section of each lesson?.

### Do the videos ever expire?

Never. We want you to have access to all this valuable information whenever you might feel stuck or need that extra pump of motivation.

### Do I need a specific software to watch the courses?

Nope. Any updated internet browsing system will be able to stream the videos. We support the current and the previous major release of Chrome, Firefox, Safari, and Microsoft browsers. This currently includes Microsoft Edge and Internet Explorer. Each time a new browser version is released, we begin supporting that version and stop supporting the third most recent version.

### Can I watch the videos on my phone?

Yup! We know that you're out in the world doing amazing things and may not always be at home when you want to catch up on one of your courses or a specific lesson. That being said, make sure that you are carving out time and energy to really PAY ATTENTION to the material. We want you fully invested and leaning on all cylinders. We support both Android and iOS mobile browsers.

### Is this course only for people who already run Spartan races?

Absolutely not! Each expert has carefully crafted an amazing curriculum that will meet the needs of each viewer – whether you have never put on a pair of running shoes, are completely new to Spartan, or raced multiple Trifectas each year.

### Will this help me get motivated?

Yes! We've got an amazing blend of experts who are going to tackle a wide range of topics – and we are certain that after watching, you'll feel inspired. Motivation is a key topic in the material, and through this course you'll learn how to use grit, optimism, enthusiasm, and your True North to get more of it.

### Is this a physical training program just to get me ready for races?

Nope! The course is split into four sections that deal with different branches of wellness and optimization: nutrition, mood management, leadership, and physical activity. That last section, physical activity, is primarily about building a healthy relationship with exercise and your body. It is not a training program, though it does have some badass tips just in case you catch the bug and want to jump on course!


### Do I have to go through the entire course if I'm only interested in one expert's material?


Listen, let's be honest, you're going to get the most out of this course if you full participate in each experts' lessons. They are there for a reason and the course is crafted in such a way that the whole is greater than the sum of its parts. At Spartan, we aren't interested in cutting corners and we've learned that true growth comes during the times of greatest discomfort. So even if one of the experts doesn't seem up your alley – give it a shot! You never know how you might benefit.


### ENROLL IN THIS CLASS

**\$199.00**

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 Gift this course




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### SHARE THIS



### WHAT'S INCLUDED

-  Access your courses anytime, anywhere, with a computer, tablet or smartphone
-  Videos, worksheets and interactive content designed for a proven learning experience
-  Unlimited access. Take your courses at your time and pace