

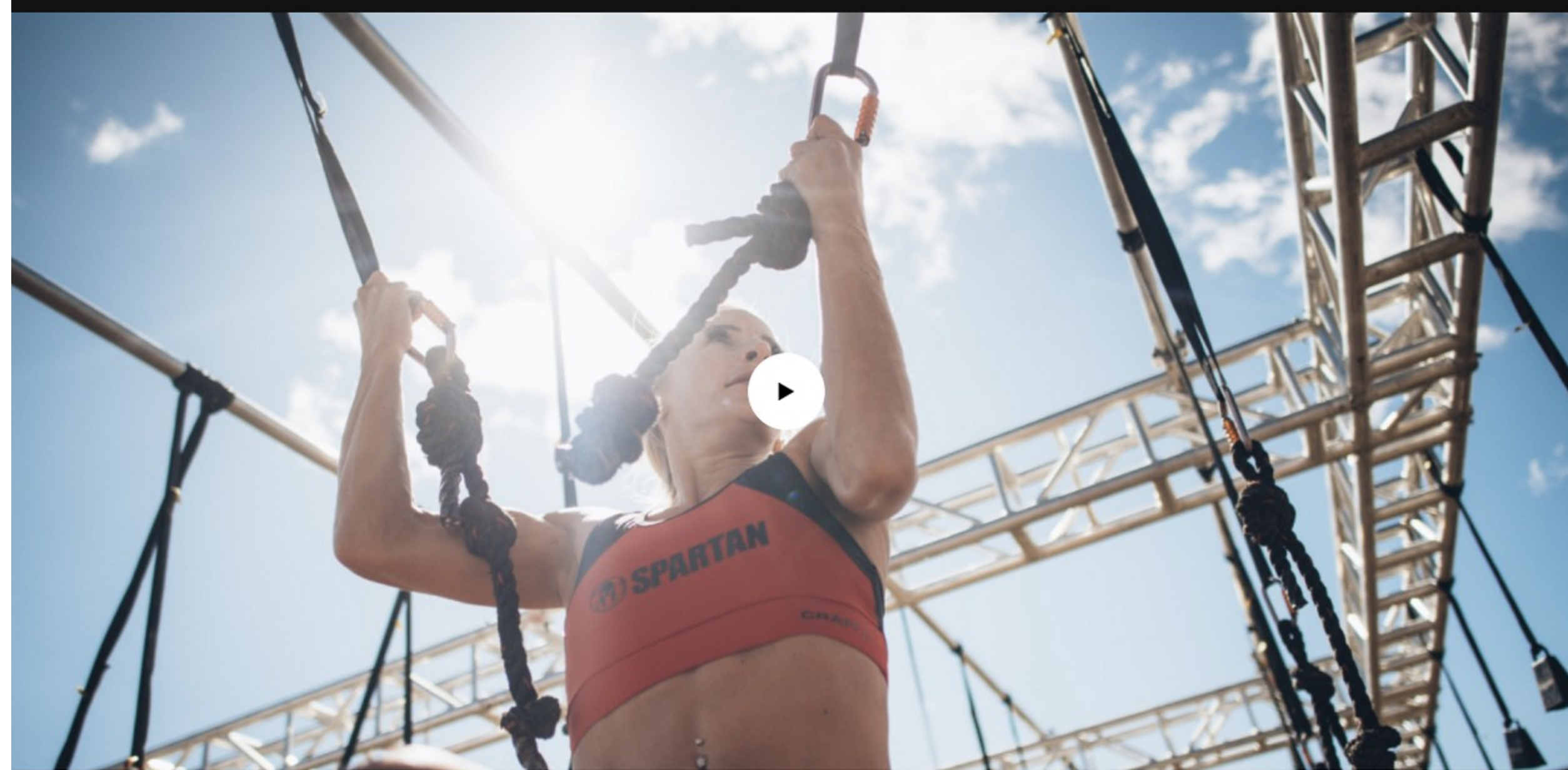
THE SUPER

SPARTAN

# 10K 25 OBSTACLES

If you've completed a Spartan Sprint or 10K+ on the road, you're ready for Super. Here, trail running meets obstacles, with courses set in incredible locations around the world. The Super is the most demanding and fun 10K you'll complete, anywhere.

- STRENGTH \_\_\_\_\_
- ENDURANCE \_\_\_\_\_
- SPEED \_\_\_\_\_
- TIME \_\_\_\_\_



Super obstacles are more difficult compared to shorter Spartan events, and with a distance of 10K (6.2 miles), you'll need a pace strategy. There are Super-specific obstacles to tackle, and elevation gain will often be more demanding.

[FIND A SUPER](#)

## WHAT YOU'LL EARN



Many medals are tossed in a drawer, but not these. Spartan medals are earned, not given. Your Super medal also comes with a special magnetic wedge that fits together with the Sprint, Beast and others to form the coveted Spartan Trifecta.



Spartan Super finisher t-shirt



Spartan Super finisher medal, wedge, and lanyard



Hydration and recovery nutrition



Professional photos