

Spartan-Doing What Others Don't, Won't or Can't Do

I want you to imagine a road stretched out in front of you. It's a big road, like a freeway. I picture it as an old Roman style road, paved with stone, uneven. On this road is a never ending stream of people.

It's the road of "life" and the majority of people are all heading in the one direction. They are following along with the crowd.

They don't want to make the effort to train hard. They don't want to make any real changes to their diets or other daily activities. They want everything easier and faster without a thought to consequences. They believe all their problems can be solved with a magic pill sold on TV, by someone else or just by waiting for them to pass.

Then, to the side is another road branching away. It's a lot smaller, more like a path really. It's the "**Spartan Path**". As you head towards it someone says to you...

Don't go that way. It's the harder way. It's tough. It's not easy to travel down as this main road we are all following. You'll have to give up pleasures. You'll have to work hard. You'll have to make more effort daily. You don't want to be a Spartan, be average, it's easier.

What that person doesn't understand is those who take the Spartan Path don't want to be like the average person. You want to stand out; you want to be a champion. You don't want to be through life soft and weak. You want real strength and endurance not just the fake image of them. You have the spirit of a "**Spartan**" inside of you that despises soft living and laziness.

You believe there is a price to be paid for the rewards you are seeking. And **you are tough** enough to pay the price because you know the rewards are worth it!

You are strong enough to see that the instant pleasures of our modern world are a trap. The momentary comfort of being lazy is a trap, pleasure for a second and pain and regret for a lifetime. So you choose the Spartan path and you are rewarded in many, many ways on many, many levels.

When people think of the term "**Spartan**", they instantly think of toughness, hardship, deprivation and pain. The biggest secret of Spartan living is the fact that a Spartan lifestyle is much more rewarding and allows real appreciation for living and life.

You will have to start a regular training program. But proper training isn't about suffering. The ancient Spartans trained hard but they enjoyed themselves. You will get fitter and stronger and your body will turn from soft-cookie-dough to carved-in-stone. Those kinds of rewards are worth putting the time and effort in for to become the best runner and person you can be.

Acceptance or Excellence...it is your choice.