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Joe De Sena - Wikipedia

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Joe De Sena designed the Spartan races to test overall conditioning: strength, flexibility, endurance, and speed. His signature take-no-prisoners approach to achieving physical and mental fitness has taken the endurance world by storm and inspired millions.

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This guys is the CEO and co-founder of the Spartan Race series and also the author of the brand new book “ Spartan Up: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life ”. His name is Joe De Sena and he’s right here with us today. Joe, thanks for coming on the call, man.

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In 2013, Spartan Race expanded the stadium series to include CITI Field, Miller and AT&T parks. Writing. De Sena is a contributor to publications including Entrepreneur. In 2014 he published the book Spartan Up: A Take-No-Prisoners Guide to Overcoming Obstacles and Achieving Peak Performance in Life, co-authored with Jeff O'Connell.

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