



# Marathon + Strength Race Prep Program - Phase 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<b>UPPER PUSH</b>	1 mile warmup <b>12x</b> 2 min HARD / 1 min WALK	<b>UPPER PULL</b>	<b>5 miles EASY</b>	<b>LOWER</b>	<b>OFF</b>	<b>8 miles EASY</b>
Week 2		1 mile cooldown 1 mile warmup					<b>9 miles EASY</b>
Week 3		<b>8x</b> 3 min HARD / 1 min WALK		<b>10 miles RACE PREP</b>			
Week 4		1 mile cooldown 1 mile warmup		<b>12 miles EASY</b>			
Week 5		<b>6x</b> 4 min HARD / 2 min WALK		<b>14 miles EASY</b>			
Week 6		1 mile cooldown		<b>16 miles RACE PREP</b>			



## Monday - Upper Push

Athlete:  
Trainer: Rob Sulaver

### Movement Prep

- 1 World's Greatest Stretch 3/s 2 Inchworm 2x 3 Scap Pushups 10x 4 Floor Slides 10x 5 Shoulder CARs 2/s

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Warm up sets as needed											
A1) Flat DB Bench	5	6-8	40X0	60s							
A2) Seated Overhead Tri Extensions	5	6-8	30X1	60s							
B1) Seated DB Overhead Press	4	10-12	30X1	60s							
B2) Tri Pressdown - Straight Bar Rope	4	10-12	20X1	60s							
C1) Lateral Raise - Full	3	12-15	30X1	30s							
C2) Side Plank Thread the Needle	3	12-15/s	2020	30s							

### Cool Down

- Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves



## Wednesday - Upper Pull

Athlete:  
Trainer: Rob Sulaver

### Movement Prep

- 1 World's Greatest Stretch 3/s 2 Inchworm 2x 3 Scap Pushups 10x 4 Floor Slides 10x 5 Shoulder CARs 2/s

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Warm up sets as needed											
A1) Lat Pulldown - Wide Grip	5	6-8	40X0	60s							
A2) Cable Curl - Straight Bar Supinated	5	6-8	30X1	60s							
B1) Bench Supported Row	4	10-12/s	30X0	60s							
B2) 65° Seated Hammer Curl	4	10-12	20X1	60s							
C1) Facepull with External Rotation	3	12-15	20X1	30s							
C2) Seated Calf Raises	3	12-15	20X1	30s							

### Cool Down

- Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves



## Friday - Lower

Athlete:  
Trainer: Rob Sulaver

### Movement Prep

- 1 World's Greatest Stretch 3/s 2 Inchworm 2x 3 Squat Prying 60s 4 Banded Ankle Mobilization 10/s 5 Standing Hip CARs 2/s

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Warm up sets as needed											
A1) FFE Split Squats	5	4-6/s	40X0	60s							
A2) Paloff Press	5	10-12/s	20X1	60s							
B1) Single Leg RDL	4	4-6/s	40X0	60s							
B2) Ab Cart Rollout (Knees)	4	10-12	30X0	60s							
C1) Goblet Squat - Heels Elevated	3	12-15	30X0	60s							
C2) Standing Calf Raises	3	12-15	10X0	60s							

### Cool Down

- Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves