



Marathon + Strength Race Prep Program - Phase 2

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-------------------|---|-------------------|-----------------------|--------------|------------|--------------------|
| Week 7 | UPPER PUSH | 1 mile warmup | UPPER PULL | 4 miles EASY | LOWER | OFF | 18 miles EASY |
| Week 8 | | 5X 5 min HARD / 2 min WALK | | 6 miles EASY | | | 12 miles EASY |
| Week 9 | | 1 mile cooldown | | 4 miles EASY | | | 20 miles RACE PREP |
| Week 10 | | 1 mile warmup | | 6 miles EASY | | | 12 miles EASY |
| Week 11 | | 20 min MLSS w/ 3 min WALK 15 min MSL w/ 2 min WALK 10 min MSL w/ 1 min WALK | 8 miles EASY | | | | |
| Week 12 | | 1 mile cooldown | 6 miles EASY | 1-3 Miles @ Race Pace | | | OFF |



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) 45° Incline DB Press | 5 | 4-6 | 40X0 | 60s | | | | | | | |
| A2) Skull Crushers | 5 | 8-10 | 30X1 | 60s | | | | | | | |
| A3) Dragon Flags (Full Tuck) | 5 | 10-12 | 20X0 | 60s | | | | | | | |
| B1) Seated DB Overhead Press | 5 | 4-6 | 30X1 | 60s | | | | | | | |
| B2) Cable Fly - High to Low | 5 | 8-10 | 30X1 | 60s | | | | | | | |
| B3) Pushups | 5 | Max | 20X0 | 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



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 - Narrow Grip | 5 | 4-6 | 40X0 | 60s | | | | | | | |
| A2) 65° Seated DB Curl | 5 | 8-10 | 20X0 | 60s | | | | | | | |
| A3) Ab Cart Rollout (Knees) | 5 | 10-12 | 20X0 | 60s | | | | | | | |
| B1) Seated Rows | 5 | 4-6 | 30X0 | 60s | | | | | | | |
| B2) Spider Curls | 5 | 8-10 | 30X1 | 60s | | | | | | | |
| B3) Plank Rotations | 5 | 10-12/s | 2022 | 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



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) RFE Split Squats | 5 | 4-6/s | 40X0 | 60s | | | | | | | |
| A2) Lying Leg Curl | 5 | 8-10 | 30X0 | 60s | | | | | | | |
| A3) Standing Calf Raises | 5 | 10-12 | 20X1 | 60s | | | | | | | |
| B1) Hip Thrusts | 5 | 4-6 | 30X2 | 60s | | | | | | | |
| B2) Front Squat (Heels Elevated) | 5 | 8-10 | 30X0 | 60s | | | | | | | |
| B3) Alt. Straight Leg Raises | 5 | 30-60 sec | 10X0 | 60s | | 30 sec | 40 sec | 50 sec | 60 sec | 60 sec | 60 sec |

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