

Example Marathon Strength Training Workouts

Below are three example workouts which can be completed alongside your marathon training to build strength, stability and mobility to compliment the running component of your marathon training. The goal here is to keep you running injury free.

There are of course literally hundreds of exercises available to choose from, and each runner will need to address a certain different 'weak link'. This is far from an exhaustive plan, but gives you a good basis upon which to structure your marathon strength training.

Please refer to this article for advice on how and when to implement the workouts in your training week:

<http://www.kinetic-revolution.com/strength-training-for-distance-runners/>

Strength & Core Session 1

Hip Flexor & Quad Mobility [\[video\]](#): 2 x (20 second static hold followed by 20 active reps) on each side

Hamstring Mobility [\[video\]](#): 2 x 10 each side

Adductor Mobility [\[video\]](#): 2 x 10 each side

Glute Bridge with Abduction [\[video\]](#): 2 x (10 x 5 second holds)

Resistance Band Single Leg Squats [\[video\]](#): 3 x 10 each leg

Swiss Ball Hamstring Curl [\[video\]](#): 3 x 20

Plank with Alternate Leg Raise: [\[video\]](#): 3 x 45 secs

Strength & Core Session 2

Hip Flexor & Quad Mobility [\[video\]](#): 2 x (20 second static hold followed by 20 active reps) on each side

Hamstring Mobility [\[video\]](#): 2 x 10 each side

Adductor Mobility [\[video\]](#): 2 x 10 each side

Resistance Band Crab Walk [\[video\]](#): 3 x 30sec either direction

Split Squat [\[video\]](#): 3 x 10 each leg

30 degree Hamstring Bridge [\[video\]](#): 2 x (10 x 5 second holds)

ITYW Shoulder Drill [\[video\]](#): 3 x 6 each position

Strength & Core Session 3

Hip Flexor & Quad Mobility [\[video\]](#): 2 x (20 second static hold followed by 20 active reps) on each side

Hamstring Mobility [\[video\]](#): 2 x 10 each side

Adductor Mobility [\[video\]](#): 2 x 10 each side

Isometric Glute Med Hold [\[video\]](#): 2 x 30sec hold each side

Single Leg Squat [\[video\]](#): 3 x 10 each leg

Balance-Reach [\[video\]](#): 3 x 15 each leg

Side Plank [\[video\]](#): 3 x 30sec each side

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[Bulletproof Runners Programme by Kinetic Revolution](#) << Learn More

Please Note: The information contained within this document is for educational purposes only. In using the above information in any way, you agree to waive James Dunne and Kinetic Revolution of any responsibility for any injury or loss that occurs as a result.

Remember; if it hurts, stop. If you're in doubt, consult a medical professional.