



MARATHON LEGS

Coach's Notes:

Do routines *after* your runs.

Quality over quantity! Form is very important.

Perform on non-consecutive days.

Complete exercises in a circuit.

WORKOUT 1		Sets x Reps					
Equipment	Coach Tips	WEEK 1		WEEK 2			
	Reach hips high using core. Feel in: hamstrings, calves, core. 1 rep = L+R toe taps	A1	Plank to down dog, toe taps	1x 10 total	1x 12	1x 14	1x 16
	Stay bouncy on toes, maintain good, tall posture. Feel in: glutes, calves, core. 1 rep = 1 leg	B1	Wall drill singles- piston	1x 10 total	1x 12	2x 10	2x 10
6-12" box	Land softly, avoid knees caving in. Feel in: quads, calves.	B2	Box jumps	1x 5 total	1x 6	2x 6	2x 6
	Weight in front leg, use glute to lift. Feel in: front glute and front quad. 1 rep = :30 hold on 1 leg	C1	Isometric lunge	3x :30/leg	3x :35	3x :45	3x :60
Chair or 18-24" box	Reach hips back, lower slowly. Feel in: glute, ankle/calf stabilizers	C2	Eccentric SL squat	3x 6/leg	3x 8	3x 10	3x 12
	Keep hips level, engage glutes, keep taps slow. Feel in: core. 1 rep = 1 tap	C3	Plank shoulder taps	3x 12 total	3x 14	3x 16	3x 20
<i>Rest 2:00 between sets</i>							

WORKOUT 2		Sets x Reps					
Equipment	Coach Tips	WEEK 3		WEEK 4			
	Keep chest up and core engaged. Feel in: glutes, inner thighs, quads	A1	Lunge matrix	1x 4/leg	1x 5	1x 6	1x 8
	Exhale on knee drive, keep back flat. Feel in: glute, calf, core	B1	Wall drill singles- knee drive	1x 5/leg	1x 6	2x 6	2x 8
6-12" box	Land softly, stabilize with core and glute. Feel in: glute, quad, calf	B2	Box jumps 2-to-1	1x 5/leg	1x 6	2x 6	2x 8
	Keep knee over ankle, don't let knee cave in. Feel in: front glute, front quad	C1	Split squat	3x 6/leg	3x 8	3x 10	3x 12
Chair or 18-24" box	Lower slowly, don't round back. Feel in: glute, ankle/calf stabilizers	C2	SL box squat	3x 6/leg	3x 8	3x 10	3x 12
	Don't arch lower back, lift arm/leg slowly. Feel in: core, glutes	C3	Bird dog - contra and ipsi	3x 5/ea	3x 6	3x 8	3x 10
<i>Rest 2:00 between sets</i>							

WORKOUT 3		Sets x Reps					
Equipment	Coach Tips	WEEK 5		WEEK 6			
	Move shoulders and hips as one unit. Feel in: standing leg glute, ankle/calf stabilizers	A1	Hip airplanes	1x 5/leg	1x 6	1x 8	1x 10
	Keep core engaged, maintain tall posture. Feel in: calf, core, glutes	B1	Wall drill triples	1x 4 total	1x 6	2x 6	2x 8
	Attack the floor, don't let knees cave in. Feel in: core, glutes, quads	B2	Drop squat	1x 5 total	1x 6	2x 6	2x 8
4-6" box	Keep front knee over ankle, use glute to lift. Feel in: front leg glute	C1	FFE reverse lunge	3x 6/leg	3x 8	3x 10	3x 12
6-12" box	Back stays flat, lower slowly. Feel in: glute, quad, ankle/calf stabilizers	C2	Step downs - eccentric	3x 6/leg	3x 8	3x 10	3x 12
	Align elbow right under shoulder. Feel in: obliques, upper back	C3	Side plank, thread the needle	3x 8/side	3x 10	3x 12	3x 15
<i>Rest 2:00 between sets</i>							

MCMILLAN RUNNING MARATHON LEGS

WORKOUT 4		Sets x Reps					
Equipment	Coach Tips		WEEK 7		WEEK 8		
	Keep hips stacked as you open. Feel in: chest, upper back	A1	Open book	1x 6/side	1x 8	1x 10	1x 10
4-6" box	Weight stays in front leg. Feel in: quad, glute, ankle/calf stabilizers	B1	Knee drivers, low box	1x 10/leg	1x 12	2x 12	2x 15
	Brace core and engage glute to stabilize. Feel in: glute, core, quad	B2	Drop squat 2-to-1	1x 5/leg	1x 6	2x 5	2x 6
12-18" box or chair	Keep feet pointing fwd, reach hips back. Feel in: glute and hamstring of bending leg	C1	Lateral lunge	3x 8/leg	3x 10	3x 12	3x 12
	Don't push off back leg. Feel in: glute, hamstring, quad	C2	Step up	3x 8/leg	3x 10	3x 12	3x 12
	Keep hips level, knees close to ground. Feel in: core, upper back/shoulders	C3	Bear crawl w/ shoulder taps	3x 12 total	3x 14	3x 16	3x 20
<i>Rest 2:00 between sets</i>							

WORKOUT 5		Sets x Reps					
Equipment	Coach Tips		WEEK 9		WEEK 10		
	Fold over front leg, and then lift hips up with hands behind hips. Feel in: hips, inner thighs	A1	Hip 90-90	1x 5/side	1x 6	1x 8	1x 10
6-12" box	Drive off toe and land softly. Feel in: glute and quad of front leg, core	B1	Knee drivers w/ hop	1x 6/leg	1x 8	2x 8	2x 10
	Land with good form, hips back, no knees caving in. Feel in: glutes, quads, core	B2	Depth drop	1x 5/leg	1x 6	2x 5	2x 6
4-6" box	Keep knee over ankle in front leg. Feel in: glute, quad, core, ankle/calf stabilizers	C1	Forward lunge	3x 6/leg	3x 8	3x 10	3x 12
	Lift up with glute, knee stays in line with foot. Feel in: glute, core, ankle/calf stabilizers	C2	Skater squat	3x 6/leg	3x 8	3x 10	3x 12
	Elbow under shoulder, hips move fwd. Feel in: glutes, obliques	C3	Star side plank	3x :30/side	3x :45	3x :60	3x :60
<i>Rest 2:00 between sets</i>							

WORKOUT 6		Sets x Reps					
Equipment	Coach Tips		WEEK 11		WEEK 12 *taper*		
	Breathe through this deep stretch. Feel in: the whole leg and upper back/chest	A1	Worlds greatest	1x 4/side	1x 4	1x 6	1x 6
6-12" box	Use arms to get more power. Feel in: glutes, quads, ankle/calf stabilizers	B1	Lunge jumps	1x 10 total	1x 12	2x 10	1x 10
	Engage core on landing to help stabilize. Feel in: core, glute, ankle/calf stabilizers	B2	Depth drop 2-to-1	1x 5/leg	1x 6	2x 5	1x 6
Dowel or rope	Pull shoulder blades down and front ribs in. Feel in: core, glutes, upper back, shoulders	C1	Walking lunges, overhead hold	3x 10 total	3x 12	3x 10	2x 10
18" box or chair	Don't over-arch low back at the top, drive up through heel. Feel in: glutes, core	C2	SL hip thruster	3x 8/leg	3x 10	3x 10	2x 8
2 towels/paper plates	Keep pace slow, hips low and level. Feel in: core, hip flexors, shoulders	C3	Mountain climbers	3x 20 total	3x 20	3x 20	2x 20
<i>Rest 2:00 between sets</i>							

WEEK 13	
<i>Coach Tips</i>	
NO strength training this week	
Recover and peak for your goal race	
Race strong and brave!	