

Strength & Mobility Workouts for Marathon Runners

Workout #1

- * **Active Hip Flexor Stretch** [[video](#)]: 2 sets of 20 seconds each leg
- * **Hip Circles Glute Activation Drill** [[video](#)]: 2 sets of 10 each leg
- * **Bent Knee Side Plank** [[video](#)]: 2 sets of 30 seconds each side
- Single Leg 'Figure 8' Balance Drill** [[video](#)]: 2 sets of 15 each leg

Workout #2

- * **Active Hamstring Mobility Drill** [[video](#)]: 2 sets of 10 each leg
- * **Adductor Mobility Drill** [[video](#)]: 2 sets of 10 each leg
- * **Band Resisted Glute Bridge** [[video](#)]: 10 sets of 5 second holds
- Single Leg Deadlifts** [[video](#)]: 2 sets of 15 each leg

Workout #3

- * **Standing Hip Flexor Stretch** [[video](#)]: 2 sets of 20 each leg
- * **Crab Walk Drill** [[video](#)]: 2 sets of 30-60 seconds each direction
- * **Clock Face Drill** [[video](#)]: 2 sets of 6 reps in each direction
- Split Squats** [[video](#)]: 2 sets of 15 each leg

Notes: Aim to perform each workout at least once per week during your marathon training block, to help develop strength, stability, mobility and ultimately prevent running injuries.

For best results perform these workouts after your run sessions.

Exercises marked with a (*) are mobility and activation exercises which are to be maintained through your main programme and into your taper. Disregard the other exercises when you get to your taper block.