

Marathon Strength - 12 weeks		Name	Starting Date		Goal	Weight Start					Weight End
Coach Katharina Steppan CSCS, Strength & Conditioning Coach, Certified Swim & Triathlon Coach www.coachkatharina.com											

Week 1 // Day 1 Full Body							Week 2 // Day 2 Full Body							Week 2 // Day 1 Full Body							Week 2 // Day 2 Full Body																						
Time	Nr.	Exercise	Target		Set	Pause	Protocol		Time	Nr.	Exercise	Target		Set	Pause	Protocol		Time	Nr.	Exercise	Target		Set	Pause	Protocol																		
			Reps	kg			Reps	kg				Reps	kg			Reps	kg				Reps	kg			Reps	kg	Reps	kg															
90									90									90																									
W A R M U P	1	Resisted Ankle Mobility (1 leg on box, ankle rockers with resistance band)	10	-	1	15 sec			W A R M U P	1	Open Book	10	-	1	15 sec			W A R M U P	1	Resisted Ankle Mobility (1 leg on box, ankle rockers with resistance band)	10	-	1	15 sec			W A R M U P	1	Open Book	10	-	2	15 sec										
			10	-	2																																						
	2	Plate Squat Mobility (hold 10kg Plate, sit in Squat Position, rotate knees inwards)	8	10	1	15 sec				2	Front Rack Mobility	10	-	1	15 sec						2	Plate Squat Mobility (hold 10kg Plate, sit in Squat Position, rotate knees inwards)	8	10	1	15 sec																	
			8	10	2																																						
3	Banded Glute Bridge March	10	-	1	15 sec			3	Copenhagen Plank	15"	-	1	15 sec					3	Banded Glute Bridge March	10	-	1	15 sec																				
		10	-	2																																							
4	World's Greatest Stretch	10	-	1	15 sec			4	Wall Squats	5	-	1	30 sec					4	World's Greatest Stretch	10	-	1	15 sec																				
		10	-	2																																							
M A I N	1	Back Squat (2-1-X)	5	60,0%	1	2 min			M A I N	1	Back Squat (2-1-X)	5	60,0%	1	2 min			M A I N	1	Back Squat (2-1-X)	5	62,5%	1	2 min			M A I N	1	Back Squat (2-1-X)	5	65,0%	1	2 min										
			5	60,0%	2																																						
			5	60,0%	3																																						
			5	62,5%	4																																						
	2	Romanian Deadlift (2-1-X)	5	60,0%	1	2 min				2	Bench Press (2-1-X)	5	60,0%	1	2 min						2	Romanian Deadlift (2-1-X)	5	62,5%	1	2 min																	
			5	60,0%	2																																						
			5	62,5%	3																																						
			5	62,5%	4																																						
	3	Swiss Ball Hamstring Curls	6	-	1	1 min				3	Barbell Row	6	-	1	1 min						3	Swiss Ball Hamstring Curls	6	-	1	1 min																	
			6	-	2																																						
			6	-	3																																						
	4	Hammer Curls	6	-	1	1 min				4	Lat Pulls	6	-	1	1 min						4	Hammer Curls	6	-	1	1 min																	
			6	-	2																																						
			6	-	3																																						
	5	Single Leg Calf Raises	6	10	1	30 sec				5	Single Leg RDL	6	10	1	1 min						5	Single Leg Calf Raises	6	10	1	30 sec																	
			6	10	2																																						
			6	10	3																																						
			6	-	1																																						
	6	Triceps Dips	6	-	2	1 min				6	Zottmann Curls	6	-	2	30 sec						6	Triceps Dips	6	-	2	1 min																	
			6	-	3																																						
			6	-	1																																						
7	Ab Hold (Lower straight legs and hold them, lower back towards floor)	30"	-	1	30 sec			7	exzentric Pull Ups (hold 10 sec and then slowly lower)	1	-	1	2 min					7	Ab Hold (Lower straight legs and hold them, lower back towards floor)	45"	-	1	30 sec																				
		30"	-	2																																							
		30"	-	3																																							