POST
Marathon Recovery Guide

WHY?

Reduce the risk of injury and reward yourself with this post marathon 4 week recovery plan. Created to maintain your fitness and transition you towards your next event.

WEEK 1

M - OFF
T - 30 - 35 MINUTE BRISK WALK
W - STRENGTH TRAINING - FOCUS ON HIPS, CORE AND STRETCHING
T - CROSS TRAINING - SWIM, ELLIPTICAL, ROWING
F - STRENGTH TRAINING - YOGA AND STRETCHING
S - 30-35 MIN BRISK WALK
S - 40-50 MIN EASY JOG/RUN - STRETCHING

WEEK 2

M - CROSS TRAINING - SWIM, ELLIPTICAL, ROWING
T - RUNNING SPECIFIC STRENGTH TRAINING + 30 MIN EASY RUN
W - STRENGTH TRAINING - FOCUS ON HIPS, CORE AND STRETCHING
T - CROSS TRAINING - SWIM, ELLIPTICAL, ROWING + 40 MIN EASY RUN
F - STRENGTH TRAINING - YOGA AND STRETCHING
S - RUNNING SPECIFIC STRENGTH TRAINING + 45 MIN EASY RUN
S - RUNNING SPECIFIC STRENGTH TRAINING + 60 MIN BRISK WALK

TRAINING TIP

START DISCUSSING TRAINING GOALS WITH YOUR COACH. BASELINE TRAINING PACES FROM YOUR PREVIOUS EVENT.

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WEEK 3

M - RUNNING SPECIFIC STRENGTH TRAINING + 30 MIN EASY RUN
T - 40 MIN EASY RUN
W - STRENGTH TRAINING - FOCUS ON HIPS, CORE AND STRETCHING
T - 30 MIN EASY RUN + STRENGTH TRAINING
F - CROSS TRAINING - SWIM, ELLIPTICAL, ROWING
S - RUNNING SPECIFIC STRENGTH TRAINING + 55 MIN EASY RUN
S - OFF

WEEK 4

M - 45 MIN EASY RUN - INCREASE PACE TO MODERATE IF YOU FEEL GOOD
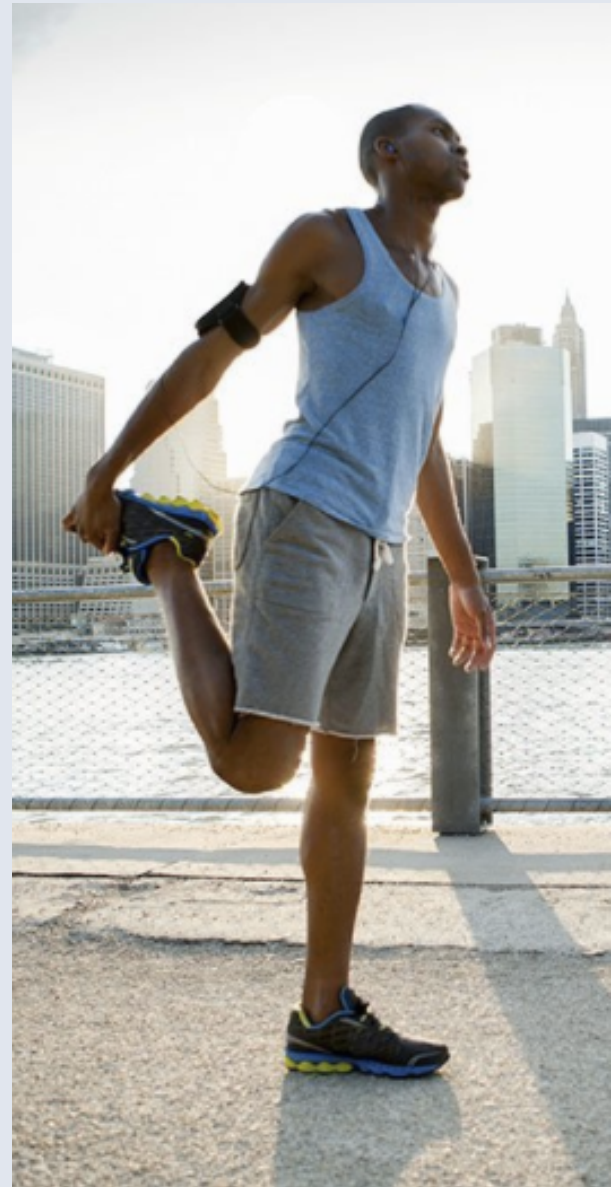T - STRENGTH TRAINING - FOCUS ON HIPS, CORE AND STRETCHING
W - 60 MIN EASY RUN + STRENGTH TRAINING
T - CROSS TRAINING - SWIM, ELLIPTICAL, ROWING
F - OFF - YOGA OR SWIM OPTIONAL
S - 60 - 90 MIN LONG RUN, EASY TO MODERATE PACE
S - 30 MIN EASY RUN + STRETCHING

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If you got this guide by someone sharing it or forwarding it to you, visit my website to subscribe so you don't miss out on valuable training content I sent out periodically.

WWW.PRANAENDURANCETRAINING.COM

TRAINING TIP

Running specific strength training videos are available for free. Email me for a link to those videos and stretching routines.

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