

S&C Program Phase 9 - October 18th to Race-day

2 sessions per week with at least 48 hours in between



@marathonmindofficial

Warm-up/activation exercises

	Exercise	Load /intensity	Sets x Reps	Rest
1	Single leg clamshell	blue/black mini band	3 x 8 e/s	1 min
2	Walking lunge to overhead press	5kg plate	2 x 16 alternating	1 min
3	A-skip	3-5kg	3 x 6 e/s	1 min
4	Double leg pogo hops	BW	2 x 12	1 min

Main program - Day 1

		Week 1			Week 2			Week 3			Week 4		
	Exercise	Load/intensity	Sets x Reps	Rest	Load/intensity	Sets x Reps	Rest	Load/intensity	Sets x Reps	Rest	Load/intensity	Sets x Reps	Rest
1	Single leg pogos in-place	Max effort	3 x 12 e/s	1 min	Max effort	3 x 12 e/s	1 min	Max effort	3 x 12 e/s/s	1 min	Max effort	2 x 12 e/s	1 min
2	Squat jumps with weight	Max explosive effort	3 x 4	2 min	Max explosive effort	3 x 4	2 min	Max explosive effort	3 x 4	2 min	Max explosive effort	2 x 3	2 min
3	Power step-up	7 RM	2 x 5 e/s	1 min	7 RM	3 x 5 e/s	1 min	7 RM	3 x 5 e/s	1 min	7 RM	2 x 4 e/s	1 min
4	Bulgarian Split squat	7 RM	3 x 5 e/s	1 min	7 RM	4 x 5 e/s	1 min	6 RM	4 x 4 e/s	1 min	6RM	4 x 4 e/s	1 min

Main program - Day 2

		Week 1			Week 2			Week 3			Week 4 - race week, no session		
	Exercise	Load/intensity	Sets x Reps	Rest	Load/intensity	Sets x Reps	Rest	Load/intensity	Sets x Reps	Rest	Load/intensity	Sets x Reps	Rest
1	Single leg hops for distance	Max effort	3 x 6 e/s	1 min	Max effort	3 x 8 e/s	1 min	Mex effort	2 x 8 e/s	1 min			
2	Split squat jumps (with weight)	15RM	3 x 12	2 min	15 RM	3 x 12	2 min	15 RM	2 x 12	2 min			
3	Squat (front or back squat, or goblet squat)	7RM	3 x 5	2 min	7 RM	3 x 5	2 min	6 RM	2 x 4	2 min			
4	Push-press	7RM	3 x 5	1 min	8 RM	3 x 6	1 min	8 RM	2 x 6	1 min			

Notes

BW = bodyweight; **RM** = maximum repetitions (**12 RM** means lift a weight or at the maximum intensity you could life for 12 reps); **e/s** = each side