

Marathon Circuits

After a thorough warm-up, complete the following routines in order. Move steadily from exercise to exercise without resting, but don't rush or let your muscles get tight.

Try To Carry Out All The Runs & Drills While You Are Relaxed, Using Good Form:

- Run 800 meters at what feels like 10-K intensity **(2:10) (8:40 GP)**
- Complete 15 burpees (squat thrusts with jumps)
- Perform 12 press-ups
- Do 12 one-leg squats with each leg
- Run 800 meters at a little faster than marathon speed **(2:20) (9:20 GP)**
- Carry out 50 ab crunches
- Complete 12 lunges with each leg
- Perform 50 low-back extensions
- Run 800 meters at a little faster than goal marathon **(2:30) (10:00 GP)**
- Do 12 feet-elevated press-ups
- Hit 15 bench dips
- Carry out 12 high-bench step-ups
- Run 1600 meters at a little faster than goal marathon **(2:30) (10:00 GP)**
- Repeat steps 2-13 twice more (for three circuits in all), and then cool down with two miles of easy running.

These circuits build a tremendous foundation of whole-body strength and fatigue resistance, both of which are critically important for marathon running. The circuits also improve efficiency while running at marathon intensity and help to raise lactate threshold.

Finally, the marathon circuits enhance your ability to run at goal marathon tempo when you are very tired, and they are a tremendous confidence-builder.