Marathon Injury Prevention Training Plan

This 4-week strength and mobility training plan is designed to help runners prevent the 5 most common marathon injuries: Runner’s Knee, Plantar Fasciitis, Shin Splints, IT Band Syndrome, and Stress Fractures.  
  
Incorporate these sessions 2–3 times per week alongside your regular run training. Focus on form, consistency, and recovery.

# Weekly Structure

• Monday – Strength & Mobility  
• Wednesday – Activation & Core  
• Friday – Strength & Mobility  
• Optional: Sunday – Recovery Mobility (foam rolling + stretching)

# Week 1

## Strength & Mobility Days

1. Step-Downs – 3 sets of 10 reps per leg

2. Clamshells with Band – 3 sets of 15 reps per side

3. Lateral Band Walks – 3 sets of 10 steps each direction

4. Single-Leg Glute Bridge – 3 sets of 8–10 reps per leg

5. Foam Rolling: Quads, IT band (lateral thigh), Calves – 1 min each

## Activation & Core Days

1. Heel Walks – 2 rounds of 30 sec

2. Toe Raises – 3 sets of 15 reps

3. Bird Dog – 3 sets of 10 reps per side

4. Side Plank with Leg Lift – 3 sets of 10 reps per side

5. Barefoot Balance (single-leg hold) – 3 x 30 sec per side

## Optional Recovery Mobility

1. Foam Roll arches (lacrosse ball) – 1 min per foot

2. Hip Flexor Stretch – 2 x 30 sec per side

3. Seated Hamstring Stretch – 2 x 30 sec per side

4. Calf Stretch on Wall – 2 x 30 sec per side

5. Deep Squat Hold – 2 x 30 sec

# Week 2

## Strength & Mobility Days

1. Step-Downs – 3 sets of 10 reps per leg

2. Clamshells with Band – 3 sets of 15 reps per side

3. Lateral Band Walks – 3 sets of 10 steps each direction

4. Single-Leg Glute Bridge – 3 sets of 8–10 reps per leg

5. Foam Rolling: Quads, IT band (lateral thigh), Calves – 1 min each

## Activation & Core Days

1. Heel Walks – 2 rounds of 30 sec

2. Toe Raises – 3 sets of 15 reps

3. Bird Dog – 3 sets of 10 reps per side

4. Side Plank with Leg Lift – 3 sets of 10 reps per side

5. Barefoot Balance (single-leg hold) – 3 x 30 sec per side

## Optional Recovery Mobility

1. Foam Roll arches (lacrosse ball) – 1 min per foot

2. Hip Flexor Stretch – 2 x 30 sec per side

3. Seated Hamstring Stretch – 2 x 30 sec per side

4. Calf Stretch on Wall – 2 x 30 sec per side

5. Deep Squat Hold – 2 x 30 sec

# Week 3

## Strength & Mobility Days

1. Step-Downs – 3 sets of 10 reps per leg

2. Clamshells with Band – 3 sets of 15 reps per side

3. Lateral Band Walks – 3 sets of 10 steps each direction

4. Single-Leg Glute Bridge – 3 sets of 8–10 reps per leg

5. Foam Rolling: Quads, IT band (lateral thigh), Calves – 1 min each

## Activation & Core Days

1. Heel Walks – 2 rounds of 30 sec

2. Toe Raises – 3 sets of 15 reps

3. Bird Dog – 3 sets of 10 reps per side

4. Side Plank with Leg Lift – 3 sets of 10 reps per side

5. Barefoot Balance (single-leg hold) – 3 x 30 sec per side

## Optional Recovery Mobility

1. Foam Roll arches (lacrosse ball) – 1 min per foot

2. Hip Flexor Stretch – 2 x 30 sec per side

3. Seated Hamstring Stretch – 2 x 30 sec per side

4. Calf Stretch on Wall – 2 x 30 sec per side

5. Deep Squat Hold – 2 x 30 sec

# Week 4

## Strength & Mobility Days

1. Step-Downs – 3 sets of 10 reps per leg

2. Clamshells with Band – 3 sets of 15 reps per side

3. Lateral Band Walks – 3 sets of 10 steps each direction

4. Single-Leg Glute Bridge – 3 sets of 8–10 reps per leg

5. Foam Rolling: Quads, IT band (lateral thigh), Calves – 1 min each

## Activation & Core Days

1. Heel Walks – 2 rounds of 30 sec

2. Toe Raises – 3 sets of 15 reps

3. Bird Dog – 3 sets of 10 reps per side

4. Side Plank with Leg Lift – 3 sets of 10 reps per side

5. Barefoot Balance (single-leg hold) – 3 x 30 sec per side

## Optional Recovery Mobility

1. Foam Roll arches (lacrosse ball) – 1 min per foot

2. Hip Flexor Stretch – 2 x 30 sec per side

3. Seated Hamstring Stretch – 2 x 30 sec per side

4. Calf Stretch on Wall – 2 x 30 sec per side

5. Deep Squat Hold – 2 x 30 sec