

*Prepared by Craven SPORT services*

Welcome to the **MaraFun 6-week training program**, prepared by the strength & conditioning coaches at **Craven SPORT services**!

This program provides you with a fresh set of running and strength-based training to get you ready to take part in your race! By going week-by-week through this program, you'll be running **further, faster, and stronger**! Don't forget to check out the linked videos in each week's program, providing easy-to-follow 'how-to's' for a number of warm-ups and exercises!



## A FEW KEYS TO BEING A GREAT RUNNER:

### 1 Running with good posture:

- A strong posterior chain is important in maintaining good posture
- Running with good posture will enable you to run with good technique!

### 2 Running with good technique:

- Running with good technique helps you use the correct muscles while running - this helps you go further and faster!

### 3 Achieving triple extension:

- Triple extension means achieving the full extension of your ankles, legs, and hips
- You'll achieve triple extension when you can push all the way through to the end of each stride!

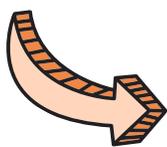
### 4 Having the ability to rotate your upper and lower body



# 6-WEEK TRAINING PROGRAM

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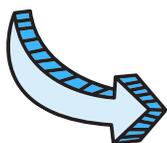
## HOW DOES STRENGTH TRAINING HELP YOU BECOME A BETTER RUNNER?



Strengthening the muscles in your posterior chain (the muscles along the back-side of your body and legs) helps you run with good posture. Exercises that include pulls and lower-body strengthening will improve your posture, and therefor your technique and performance!



Stronger legs help you run faster!



Strength training also improves your balance! Balance is important in running as each time you stride forward, you are landing on a single leg. This takes lots of balance!

