Marathon Excellence Plyometrics Program

A time-efficient routine geared towards improving running economy in marathoners

Table 49.3. Eight-week plyometrics program for improving running economy

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Weeks 8+	Maintain†
Pogo jump	3 × 10	3 × 10	2 × 10	2 × 10	2 × 10	2 × 10	2 × 10	2 × 10	2 × 10
Squat jump	3 × 5	3 × 5	3 × 5	3 × 5	2 × 5	2 × 5	2 × 5	2 × 5	2 × 5
Zig-zag bounding	1 × 10	2 × 8	2 × 10	1 × 10	1 × 10	1 × 10	1 × 10	1 × 10	
Double leg forward hops	2 × 5	2 × 5	3 × 5	2 × 5	2 × 5	2 × 5	1 × 5		
Single leg forward hops*				2 × 5	2 × 5	2 × 5	1 × 5		
Skipping for height	2 × 8	2 × 10	2 × 10	2 × 10	3 × 10	3 × 12	4 × 10	4 × 12	3 × 12
Bounding for distance			1 × 8	2 × 8	3 × 8	3 × 10	4 × 8	4 × 10	3 × 10
Single leg bounding*					1 × 5	1 × 5	2 × 5	2 × 5	
Total plyometric contacts	*81*	*91*	*108*	*121*	*134*	*146*	*147*	*148*	*96*

Instructions: Do this plyometrics routine twice per week during general training, either on non-workout days or at least a few hours separated from high-intensity running workouts. Aim for maximum height and minimum ground contact time on all jump exercises.

† Do maintenance routine once per week during the marathon-supportive and marathon-specific phases.

* Note that single-leg exercises count double for plyometric contact purposes

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