



777 MARATHON

7 MARATHONS 7 STATES 7 DAYS

Proudly Presented By  **Busy Bees.**

STRENGTH & INJURY PREVENTION GUIDE

Supporting your 777 Marathon training

This guide explains **why strength and injury-prevention work matters** for the 777 Marathon and **exactly what to do** in each session.

It is designed to be used alongside your training diary and revisited whenever you need clarity or reassurance.



Why strength training matters for 777

Seven marathons in seven consecutive days place repeated stress on the same muscles and tendons with limited recovery time.

Strength and injury-prevention work helps to:

- reduce injury risk
- improve tolerance to repeated load
- maintain running form under fatigue
- support recovery between days

For 777, strength training is **protective**, not performance-driven.

How often to complete strength sessions

Across most of the plan, you will complete:

- 2 sessions per week (recommended)
- A third **very light** session may be added in lower-load weeks (Circuit C only). This is optional and not required.
- Consistency matters more than doing extra.

How long sessions should take

- Most sessions: **20–30 minutes**
- Quality matters more than quantity
- Stop the session if form deteriorates

You should finish feeling worked but not **exhausted**.

When to schedule strength sessions

Strength sessions work best when:

- completed on easy run days, or
- completed on non-running days

Avoid placing strength sessions immediately before long runs.





Key focus areas

Calves & Achilles

These absorb a large proportion of impact load during running.

- Build capacity gradually
- Use slow, controlled movements
- Stop before sharp pain or tendon irritation

Hips & glutes

Strong hips help maintain running efficiency and reduce overload elsewhere.

- Emphasise single-leg control
- Focus on stability before load

Trunk (core)

A stable trunk supports posture and efficiency when fatigued.

- Focus on control and endurance
- Avoid high-fatigue core workouts




How to use the exercise circuits

- Complete **2 sessions per week** unless otherwise noted
- Choose the circuit assigned in your diary (A, B, or C)
- Move with control — quality over speed
- Rest 30–60 seconds between exercises if needed

You do not need gym access. Most exercises can be completed at home using bodyweight and a resistance band.

Circuit A – Foundation (early weeks)

Purpose: Build basic strength and movement control

| | Exercise | Sets | Reps / Time | Notes |
|---|-------------------------------------|------|----------------------|-------------------------|
|  | Glute bridge (double or single leg) | 2 | 10–12 | Brief pause at the top |
|  | Dead bug | 2 | 16–20 | Slow and controlled |
|  | Band crab walk | 3 | 10–15 steps each way | Maintain knee alignment |
|  | Single-leg calf raise | 3 | 12–15 | Use support if needed |
|  | Step-up | 3 | 10–12 each leg | Controlled lowering |
|  | Plank hold | 3 | 40–60 sec | Neutral spine |





Circuit B – Progression (mid-plan)

Purpose: Improve single-leg strength and tendon capacity

| | Exercise | Sets | Reps / Time | Notes |
|---|-------------------------|------|----------------------|-----------------------|
|  | Single-leg glute bridge | 2 | 10–12 | Keep hips level |
|  | Dead bug | 2 | 20–30 | Maintain control |
|  | Band crab walk | 3 | 15–20 steps each way | Constant band tension |
|  | Single-leg calf raise | 3 | 15–20 | Slow tempo |
|  | Step-up to knee drive | 3 | 10–12 each leg | Balance at the top |
|  | Side plank | 3 | 30–45 sec each side | Stable hips |

Circuit C – Maintenance & Durability (late plan)

Purpose: Maintain strength without adding fatigue

| | Exercise | Sets | Reps / Time | Notes |
|---|-----------------------|------|-------------------|----------------------|
|  | Glute bridge | 2 | 12 | Smooth, controlled |
|  | Dead bug | 2 | 20 | Maintain form |
|  | Band crab walk | 2 | 15 steps each way | Moderate tension |
|  | Single-leg calf raise | 3 | 15 | Stop before fatigue |
|  | Step-up | 2 | 10 each leg | Control over speed |
|  | Plank hold | 2 | 40–60 sec | Easy–moderate effort |

During taper weeks, reduce sets by 30–50% and stop all exercises well short of fatigue.

Effort & progression guidelines

- Strength work should feel **moderately challenging**, never maximal
- Increase repetitions before adding load
- If strength sessions negatively affect running, reduce volume
- If calf or Achilles soreness persists for more than 48 hours, reduce calf-loading volume for one week while maintaining other exercises.

Common mistakes to avoid

- Turning strength sessions into high-intensity workouts
- Chasing heavier weights at the expense of control
- Skipping strength during higher-volume run weeks
- Ignoring early warning signs such as persistent soreness or tendon pain

Glossary

Injury-prevention session

A short strength session designed to support tissues commonly overloaded during running.

Single-leg strength

Exercises performed on one leg to mimic running demands and improve control.

Calf loading

Progressive strengthening of the calf muscles to improve impact tolerance.

Trunk stability

Strength and control through the core to support posture under fatigue.

Moderate effort

Challenging but controlled — you could complete more repetitions if required.

Final note

Consistency matters more than perfection.

These sessions exist to help you keep running day after day. If strength work ever compromises your ability to train, reduce the load — do not push through pain.

These exercises are provided as general guidance only. If an exercise causes pain or aggravates an existing injury, it should be modified or avoided, and professional advice should be sought.

