



# Inclusive Marathon Training Program 2024

|        | Monday  | Teusday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday |  |
|--------|---|--|--|--|--|---|--------|--|
| Week 1 | 8-10km Stretching-Wheelchair racers to Hold left elbow with your right hand and gently pull the elbow behind head until an easy stretch is felt. Gently lean sideways from the hips to stretch along the side of your body. Hold for 30 seconds then repeat on the other side.  | Warm up 20 minutes speed track workout 200m by 5easywarm down stretches and exercises. Wheelchair racers to:<br>1. Sit straight in the wheelchair.<br>2. Twist body first on the left (or the right if you prefer it).<br>3. Go back to the original position then twist your body on the other side.<br>4. Do this for at least 12 to 15 reps | 8km easy strength, stretches<br>Coach- Talk on race technicalities and advice  | Warm up and stretches 30 minutes 1km times 5 rec 2 minutes 20 minutes warm down<br>Physiotherapy<br>Wheelchair racers to:<br>1.Sit straight in wheelchair. Make sure to keep your back straight.<br>2. Extend arms straight out on your sides.<br>3. Starting slow, create circular movements with your arms. Start with small circular movements if your arms tire out easily before moving to bigger circular movements.<br>4. Aim for at least 20 reps, first going clockwise and counterclockwise or vice versa. | 8km easy stretches<br>Talk on race technicalities and advice   | 11km<br>Stretches strength exercises  |        |  |
| Week 2 | 10km Stretching<br>Wheelchair racers to:<br>1.Sit straight in wheelchair. Make sure to keep your back straight.<br>2. Extend arms straight out on your sides.<br>3. Starting slow, create circular movements with your arms. Start with small circular movements if your arms tire out easily before moving to bigger circular movements.<br>4. Aim for at least 20 reps, first going clockwise and counterclockwise or vice versa. | Hill reps workout 50 minutes   | 10km easy strength training pushups seat ups etc Stretches<br>Wheelchair users to Stretch arms, legs, and neck. Move arms, back and forth. Shake wrist or fingers. Just remember to be gentle when you do stretches. | Fertleg 3minutes steady pace 1min 30sec recovery<br>Duration 50minutes<br>Wheelchair racers to:<br>1. Sit straight in the wheelchair.<br>2. Twist body first on the left (or the right if you prefer it).<br>3. Go back to the original position then twist your body on the other side.<br>4. Do this for at least 12 to 15 reps  | 8km stretching exercises.<br>Wheelchair racers to:<br>1. Sit straight in the wheelchair.<br>2. Twist body first on the left (or the right if you prefer it).<br>3. Go back to the original position then twist your body on the other side.<br>4. Do this for at least 12 to 15 reps | 1km times 10 (200m recovery)<br>Stretches strength exercises<br>Wheelchair racers to Stretch arms, legs, and neck. Move arms, back and forth. Shake wrist or fingers. Just remember to be gentle when you do stretches. |        |  |



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| Week 3 | 10km stretching   | Warm up 20 minutes<br>speed track workout<br>300m by5 easy<br>warm down stretches and exercises<br>Wheelchair racers to:<br>1. Sit straight in the wheelchair.<br>2. Twist body first on the left (or the right if you prefer it).<br>3. Go back to the original position then twist your body on the other side.<br>4. Do this for at least 12 to 15 reps | 10km easy strength training<br>pushups seatups etc Stretches<br>Talk on race technicalities and advice | Warm up , stretching<br>5km times 1 warm down<br>Physiotherapy   | 8km stretching exercises<br>Wheelchair racers to:<br>1. Sit straight in the wheelchair.<br>2. Twist body first on the left (or the right if you prefer it).<br>3. Go back to the original position then twist your body on the other side.<br>4. Do this for at least 12 to 15 reps<br><br>Talk on race technicalities and advice | 10km Stretching<br>Wheelchair racers to:<br>1.Sit straight in wheelchair. Make sure to keep your back straight.<br>2. Extend arms straight out on your sides.<br>3. Starting slow, create circular movements with your arms. Start with small circular movements if your arms tire out easily before moving to bigger circular movements.<br>4. Aim for at least 20 reps, first going clockwise and counterclockwise or vice versa. | Rest   |
| Week 4 | 12km Stretching   | 8km easy stretching  | Warmup 45 min Stretches strength exercises   | Fertleg 3minutes steady pace 1min 30sec recovery<br>Duration 50minutes<br>Stretches strength exercises | 8km stretching exercises  | 1km times 10 (200m re Stretches strength exercises recovery   | Rest   |
| Week 5 | 7km Stretching<br>Wheelchair racers to:<br>1. Sit straight in the wheelchair.<br>2. Twist body first on the left (or the right if you prefer it).<br>3. Go back to the original position then twist your body on the other side.<br>4. Do this for at least 12 to 15 reps | Physiotherapy<br>REST<br>Talk on race technicalities and advice  | Warmup 45 min Stretches strength exercises   | 8km stretching exercises<br>physiotherapy  | 8km stretching exercises<br>Talk on race technicalities and advice  | Fertleg 2minutes steady pace 1min 30sec recovery Duration 45minutes<br>Stretches strength exercises   | Rest   |



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| 6    | 8km stretching exercise | REST<br>Physiotherapy<br>REST Talk on race technicalities and advice | Warmup 30 min Stretches strength exercises 5km Wheelchair racers to:<br>1. Sit straight in the wheelchair.<br>2. Twist body first on the left (or the right if you prefer it).<br>3. Go back to the original position then twist your body on the other side.<br>4. Do this for at least 12 to 15 reps | REST<br>Talk on race technicalities and advice physiotherapy | 8km stretching exercises | 30 min Warm up stretching exercises<br>Talk on race technicalities and advice | <b>Race Day</b> |

## Manual Guidance

- 1) Lead coaches and team coaches to have a familiarization period.
- 2) Modality of training –all teams to train within their home areas
- 3) Accountability and training measures – Trainers to do daily virtual follow ups and record.
- 4) Team Deaf, Team visual, Team intellectual, Team physical, Team persons without disability
- 5) Technically team to be paired (1st September)
- 6) Training venue - TBC- 1st September

This training document has been developed by Douglas Wakiihuri, drawing on his years of expertise and experience in the field of athletics. His insights and guidance are invaluable in creating this comprehensive training resource.

