

Marathon WOD #1

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■ Total Work

Bike	300 cal
Wall Walk (WW)	100 reps
Pull-ups (PU)	100 reps
Toe-to-Bar (TTB)	100 reps
Power Clean (PC, 95 lb)	100 reps
Hand Release Push-ups (HRPU)	200 reps
Wide Push-ups (WPU)	200 reps
Push-ups (PUsh)	200 reps
Bulgarian Split Squats (BSS)	330 reps (165 per leg)
Squats (SQ)	300 reps
Lunges (LGE)	330 reps
Row	300 cal

■ Workout Flow

1. Start: 300 cal bike
2. Main set: 100 rounds (recommended)
 - Split into three repeating blocks of 33 rounds each
 - Final round cleans up leftover reps from odd totals
3. Finish: 300 cal row

■ Round Blocks

Block 1 — Rounds 1–33	1x WW 3x PU 6x HRPU 10x BSS (5 each leg)
Block 2 — Rounds 34–66	1x WW 3x TTB 6x WPU 9x SQ
Block 3 — Rounds 67–99	1x WW 3x PC (95 lb) 6x PUsh 10x LGE
Final Round — Round 100	1x WW 1x PU 1x TTB 1x PC (95 lb) 2x HRPU 2x WPU 2x PUsh 9x SQ

■ **Endurance Fueling Warning:** This workout is a **multi-hour endurance event**. Without proper fueling and hydration, you risk **bonking** (sudden energy crash), dehydration, or serious health issues such as hyponatremia. Plan to consume **300–500 kcal, 500–1000 mg sodium, and 0.4–0.8 L fluids per hour**. Inadequate sodium replacement increases the risk of **muscle cramping**, especially in hot conditions or if you sweat heavily.

■ Fueling & Hydration — Quick Guide

Time	Calories	Carbs	Sodium	Fluids	Example
Per hour	300–500 kcal	30–60g (up to 90g elite)	500–1000 mg	0.4–0.8 L	2 gels + 500 mL sports drink
Pre (3–4h)	High-carb meal	2–3 g/kg	—	500–750 mL	Oatmeal + fruit + water
Pre (30–60m)	20–40g carbs	20–40g	200–300 mg	250–500 mL	Banana + electrolyte drink
Post (30m)	200–300 kcal	50–75g	—	250–500 mL	Recovery shake + fruit

Budget-Friendly & Readily Available Fuel Options (per serving):

- Banana (~105 kcal, 27g carbs, ~1mg sodium)
- Fig Newton cookie (~50 kcal, 11g carbs, ~35mg sodium)
- White bread slice with honey (~120 kcal, 26g carbs, ~100mg sodium)
- Ensure or similar nutrition drink (~220 kcal, 33g carbs, ~200mg sodium)
- Raisins, 1/4 cup (~120 kcal, 31g carbs, ~4mg sodium)
- Pretzels, 1 oz (~110 kcal, 23g carbs, ~450mg sodium)
- Applesauce pouch (~90 kcal, 22g carbs, ~0mg sodium)
- Gummy bears, 10 pieces (~85 kcal, 21g carbs, ~5mg sodium)
- Jelly beans, 10 pieces (~70 kcal, 18g carbs, ~0mg sodium)
- Skittles, fun size (~60 kcal, 14g carbs, ~0mg sodium)
- Potato chips, 1 oz (~150 kcal, 15g carbs, ~150mg sodium)
- Dill pickle spear (~5 kcal, 1g carbs, ~300mg sodium)
- Pickle juice, 2 oz (~0 kcal, 0g carbs, ~500mg sodium)

■ Quick Tips

Start fueling **early** — first sip/bite in the first 15–20 minutes. Choose **fast-digesting carbs**: gels, chews, sports drink powders, or the options above. Keep sodium steady — aim for **~200–300 mg every 15–20 min** in hot conditions. Practice your fueling **before event day** to avoid stomach issues. Don't overdrink plain water — always pair fluids with electrolytes. For a **4-hour session**, total intake target:

- **1200–2000 kcal**
- **2000–4000 mg sodium**
- **1.6–3.2 L fluids**

■ Estimated Completion Times by Round Pace (10 cal/min machines)

Pace per Round	Time for 100 Rounds	+ Machines (60 min)	Total Time
0:45	75 min	+60 min	135 min → 2 hr 15 min
1:00	100 min	+60 min	160 min → 2 hr 40 min
1:30	150 min	+60 min	210 min → 3 hr 30 min
2:00	200 min	+60 min	260 min → 4 hr 20 min
2:30	250 min	+60 min	310 min → 5 hr 10 min