

## Marathon Training

*Remember everybody is different so you have to find out what works for you.*

Footwear: Trainers and socks are very important! You will be spending many hours in them so they need to be comfortable, supportive, cushioning. If you can buy two pairs of identical trainers then train in one pair and use the other for the actual marathon. Thin socks are fine if your trainers fit properly, thicker socks can also be fine but can also give you blisters if you haven't trained using them. Experiment with which you think are the most comfortable for you.

Clothing: Again comfort is a big factor so invest in proper running tops that allow the sweat to escape. Normal t-shirts will cling to your body and impinge your movement, will feel heavy and uncomfortable. Modern fabrics will allow you to feel fresher for longer. Girls need to buy a good sports bra or I have even heard it suggested that you could wear two bras for extra support, remember though comfort is key.

Drinking & Eating: Get used to taking sips of water often. By the time you feel thirsty you are already on the way to being de-hydrated. Sports drinks are good too as they also contain carbohydrates to help replenish energy. Well-sponsored marathons supply food and energy gels en route so you need to train with these too if you are to have them on race day. A handful of raisins or a chopped banana is a good source of energy.

Carb loading: The last three days before the race your diet should increase in carbohydrates. This doesn't mean eat more food but a greater percentage of what you do eat should be carbs as this is the main fuel your body will use.

Buy some clothes from a charity shop such as jog pants and sweatshirt and wear these over your race clothes on the start line. Just before the race starts you can leave them on the floor and these will be collected for charity.

### Race Day

Breakfast: Eat a good sized carb-rich breakfast at least 2-3 hours before the race, your glycogen stores will have been depleted during the night so you need to replace them so you feel fully energised for the race.

Vaseline: Apply Vaseline anywhere that skin touches skin or places where sweat can gather, such as under the tops of your arms, groin, in between the cheeks of your bottom. Sweat can evaporate and leave salt which rubs and irritates the skin, the Vaseline will prevent this.

If it is possible try and train at the same time as your race, not only will this help your body physically but also it will help you mentally on race day.

Here is your plan, where it says 'fast' just up the pace quicker than a normal comfortable jog, or use the 'fartlek' training where you run at a comfortable pace then sprint to an object eg lamppost then recover with comfortable jog then sprint again. Where it says 4xHill this simply means find a hill and run up and down it 4 times. This will test your heart and lungs as well as strengthening your legs but also use the downhill to recover ready for the next uphill run. Above all listen to your body, push it when you can but also rest it if you feel fatigued.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	OFF	3	4(4xHill)	4	OFF	3	6
2	OFF	3	4(4xHill)	5	OFF	3	7
3	OFF	4 fast	3	6	OFF	3	8
4	OFF	3	6 (4xhill)	4	OFF	3	9
5	OFF	3 fast	6 (4xhill)	4	OFF	3	10
6	OFF	4 fast	6 (4xhill)	5	OFF	3	10
7	OFF	4 fast	6 (6xhill)	5	OFF	3	12
8	OFF	4 fast	6 (6xhill)	5	OFF	3	12
9	OFF	5	7	5 fast	OFF	3	14
10	OFF	5	7(4xhill)	5	OFF	3 fast	14
11	OFF	5 fast	7 (4xhill)	6	OFF	3 fast	16
12	OFF	5 fast	8	6	OFF	3 fast	16
13	OFF	6	8 (4xhill)	6 fast	OFF	3 fast	16
14	OFF	6	8(4xhill)	6	OFF	3 fast	16
15	OFF	6	8(6xhill)	6 fast	OFF	3 fast	18
16	OFF	6	10	6	OFF	4	18
17	OFF	6	10(4xhill)	6 fast	OFF	4	20
18	OFF	OFF	4	8	OFF	4	12
19	OFF	8	4	8 fast	OFF	4	12 fast
20	OFF	4	OFF	6	OFF	2	RACE

Good luck!