

TRAINING TIPS AND TRICKS

DON'T IGNORE NIGGLES!

- Niggles can turn into injuries so don't ignore them.
- See a physio, sports massage therapist etc and rest if needed.
- Remember that there will always be more marathons.

NEW GEAR
Buy any new gear such as trainers (4-6 weeks), socks and clothing at least 3 weeks before the race and test on a longer run.



RACE DAY PREP

- Practice what you are going to eat and drink well in advance of race day so you don't get any surprises.
- Practice your race day warm up, remembering that dynamic warm ups are most effective before running.

DISTANCE
Don't run further than needed!

18-22 miles is plenty, going further increases injury risk.

Work on speed and power instead!

STRENGTH/STRETCHING

- Strength work can be justified right up to the week before the event.
- Work on single legs as this is what you do running, single leg squats are great and easily done whilst waiting for the kettle!
 - Stretching can be done right up to race day.