



Running a Marathon? Top 10 Tips

The London Marathon 2015 is now less than three months away, so hopefully training for those who hope to compete is in full swing.

Here are my Top 10 tips for the build up to the marathon, and for the big day itself.

1. Change Terrain

- Run some of your miles on softer surfaces (grass, trail, track, etc) to cushion your joints.

2. Stretch

- Incorporate dynamic stretching into your warm up ([article on dynamic stretching](#)).
- Warm down. [Click here](#) for stretches.

3. Plan your key runs

- Choose your key dates each week and month to push yourself (races, speed sessions, longer runs). It is advised to progress distance or speed, rather than both at once, as a general rule.

4. Listen to your Body

- While aches and niggles may be your body adjusting to the demands of training, see your Chartered Physiotherapist if aches and pains are increasing in intensity or duration.

5. Rest

- Allow rest days and recovery (easy) sessions. This is particularly important as you build up your mileage.

6. Pace Yourself

- Familiarise yourself with running at your projected marathon pace. This will help your

body prepare itself for the big day. This will also indicate whether your expectations are realistic.

7. Cross Train

- Swimming, cycling, or a cross trainer for example in addition to running can vary or decrease joint loading and keep you motivated.

8. Use races as practice

- Incorporate at least one other race into your training schedule. This will help sharpen you up and also prepare you for race conditions (racing in a crowd) and pacing yourself for when the adrenaline is pumping.

9. Monitor your intake of fluid and munchies in training to determine what works best for you.

10. Run your own race in the Marathon

- Stick to your pre-determined pace rather than keeping up with faster runners at the start (common mistake!).
- 2 minutes too quickly in the first half when you are feeling top of the world can easily cost you 20 minutes in the second half.



John Nugus is a Chartered Physiotherapist at London City Physiotherapy.

John regularly runs marathons with a best time in the mid 2h 40's and several sub- 2h 50mins.

He is also training for this year's London marathon.