

Marathon Training tips

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1. Have a training plan

Your [training program](#) should include a gradual increase in mileage and variation in your runs as well as the appropriate amount of rest. The program should be geared toward your fitness level, personal goals and your schedule. If you are new to distance running, would like additional support and guidance or just want the camaraderie that comes with running with a group consider joining one of the local training groups.

2. Long runs are a must

One long run a week allows you to build up the time on your feet and the mileage you need in order to complete a marathon. The long run should usually be slower than your expected race pace and the distance should increase gradually over the course of your training program. You can increase the distance one mile a week until you reach 10 miles and then 2 miles a week up to 18 or 20 miles.

3. Vary your workouts

Incorporating [interval workouts](#) and [tempo runs](#) into your plan can help you maximize your potential, improve your running form and can help prevent injury. Visit www.runnersworld.com for examples of workouts.

4. Avoid clustering long and high intensity workouts.

Too much high intensity work without adequate recovery can lead to deteriorating performance and injury. Avoid 2-3 days in a row of these types of workouts.

5. Incorporate rest days and weeks into your training program.

Taking 1 day off from training and cross training another day every week as well as cutting long runs 1/3 and decreasing total mileage every 2-3 weeks allows you absorb the benefits of your training, and decreases risk of overtraining and injury.

6. Incorporate a [taper](#) into your training plan

In the last 2-4 weeks gradually decrease mileage while maintaining training intensity to be rested for race day.

7. Train like you race

You should mimic the type of fluid you will drink and the nutrition you will take during your race in your long training runs. During runs longer than 60 minutes you should drink 6-8 oz of water or energy drink every 20 minutes and take a gel or other nutrition approximately every 60 minutes.

8. Increase muscle strength and endurance

Supplementary strength training for your core (abs, back, and hips) will improve your running form, [efficiency](#), and muscular endurance and help you stay injury free.

9. Take care of any injury early on

Common warning signs: pain that gets worse as you run or afterwards, deteriorating performance during workouts, sleep disturbance, constant state of fatigue. You may need to see your physician or [physical therapist](#) to help you get back to your training sooner.

10. Race like you train

Do not try anything on race day you have not tried before. This includes pre-race meal, warm up routine, and in race nutrition. You should also do at least one “dress rehearsal” run with the clothes you plan on running in.