



## **Final marathon tips ahead of race day**

1. In the week leading up to the race, keep well hydrated and keep fuelled well. Eat regularly and healthily. In the last couple days before the race, increase your carbohydrate intake- pasta, rice & potato etc.
2. Get your race kit ready and pin your number and iron on your name (delete as necessary):
  - ✓•Long base layer trousers (Cold)
  - ✓•Long Sleeve Base Layer Top (Cold)
  - ✓•Long Over Trousers Shorts (Main) / Shorts (Spare)
  - ✓•Running Top (main charity) / Running Top (Spare)
  - ✓•Running Shoes (Make sure insoles are in them!)
  - ✓•Socks (Main) / Socks (Spare)
  - ✓•Gloves (Cold) / Gloves (Normal)
  - ✓•Glasses / Spare Lens's (put in correct ones ready Dark / Clear)
  - ✓•Hat (Beanie / Cap)
  - ✓•Raincoat
  - ✓•Safety Pins
  - ✓•Gels (Take one at start)
  - ✓•Race Pack (Number / Chip / Bag ) (make sure emergency details filled in on number)
  - ✓•Plasters
  - ✓•Phone (Charged Fully / Playlists)
  - ✓•Headphones (Charged)
  - ✓•Bum-bag / Running Belt
  - ✓•Energy Bars / Shot Blocks
  - ✓•Bananas
  - ✓•Drink(s) – (Carry Bottle / Hydration Vest if it's really hot)
  - ✓•Deodorant
  - ✓•Sun Cream
  - ✓•Black Bag (Rain)
  - ✓•Imodium (Take before Leaving)
  - ✓•Toms
  - ✓•Anti Chaff / Vaseline
  - ✓•Watch (Fully Charged / Set to correct units Miles/KM / Set TARGET PACE / Music)
  - ✓•Camera (Make sure you remember the memory card!)
  - ✓•Emergency Cash in Bum-bag/Running Belt

3. Get to bed early the night before the race and make sure you are well rested in the week leading up to the race.
4. If you are travelling and staying in a hotel etc, you may need to organise a breakfast for the morning. You will be nervous and may not feel like eating but you must have breakfast. You will need to be on the start line with all your fuel tanks on full and blood sugar levels stable.
5. There may be rain so you may need to take a bin bag or an old top to keep warm and discard at the start. Charities often collect the tops.
6. Arrive early for the many loo visits!!!
7. Don't try anything new on the day like shoes, kit or energy gels.
8. Get to the start nice and early. No rushing around. Enjoy the start area atmosphere.
9. Make sure you have applied Vaseline etc to feet and toes, between the thighs and nipples!
10. 10 minutes before the start, take yourself somewhere quiet and visualise the race and your race plan. You should have a rough idea of what pace you can sustain for the race.
11. Stick to the pace and don't get carried away with a fast start. Stay with a race pacer if you can. Running in a group is a great way to make things feel easier.
12. Keep your thoughts positive throughout the race. Remember all the training you have done.
13. Make sure you enjoy the day. It will be hard, but it will be hard for everyone, not just yourself.
14. Make sure you keep taking on water and fuel regularly.
15. At some point, usually around 18 miles, this is when the race really starts. You may have heard that "half way is 20 miles" If the going gets tough or the wheels come off, don't panic! This has happened to people many times. When it does, you can feel very negative and feel like giving up... don't! Keep moving forwards and stay positive.
16. Keep fuelling.
17. Sing a song to yourself or count to help the time go by. Run to the next lamppost or mile marker. anything to keep your mind occupied.
18. Block everything around you out and concentrate on moving forward as best you can. Visualise finishing and collecting your finishers medal.
19. You will finish! "It is much easier to make the finish line than it is to make the start line! "

Thank you to Dawn Loynes for compiling the tips above.