

CONQUER THE MARATHON

First-timers and veteran athletes should follow this checklist when preparing for a marathon or half marathon.



CLOTHING AND APPAREL

- Shoes should fit properly and offer adequate cushioning and support. Don't wear a new pair of shoes on race day.
- Socks and clothing should be made of synthetic materials that wick away moisture from your skin.
- If it's cold, add a second light layer that can be tied around your waist later.
- If it's sunny, wear a visor or sunglasses - and don't forget sunscreen.
- Use skin lube, Vaseline or another form of lubricant on skin to prevent chaffing from your sport bra and between thighs to cut down on friction.
- Avoid sport bras that have a zipper or clasp to decrease friction at point of contact with the skin.
- Bring dry clothes to change into after the race.

MENTAL AND PHYSICAL PREPARATION

- Practice using a positive mental attitude. Think of positive aspects of the race.
- Resist the urge to go all out. Do not try to run faster than your usual pace at the start of the race. You may use up energy that you will need closer to the finish line.
- When things get tough, visualize yourself crossing the finish line.

NUTRITION AND HYDRATION

- Eat a high-carbohydrate, low-fat meal the night before the race. Rice, pastas, whole grains, fruits and vegetables are good choices.
- Increase sodium intake the night before the race with a bowl of chicken noodle soup or by adding salt to your dinner to help diminish cramping.
- Eat breakfast three to four hours before the event.
- Eat two to three carbohydrate gels during the race.
- Drink about 20 ounces of fluid two hours before the race begins.
- Alternate between water and electrolyte beverages while on the course.

POST RACE

- Immediately begin drinking fluids to replace weight lost through perspiration.
- A post-race meal should be high in carbohydrates, moderate in protein and low in fat.
- Do not be afraid to seek medical attention if needed.
- Franciscan Health will offer free injury checks.