

I'M IN. FOR THE RUN OF MY LIFE.



10 TIPS TO KICK OFF YOUR MARATHON TRAINING

- **Get a checkup.** Safety first! Consult a doctor to make sure that it's safe for you to tackle the challenge.
- **Lace up a new pair of kicks.** Finding the proper running shoe for your foot type is essential. The experts at your local running specialty store can help. Consider buying several pairs and rotating them throughout your training.
- **Keep your eye on the goal line.** Whether your goal is to improve your marathon time or simply to finish your first 26.2-mile run, you should start to think about what you want to accomplish on race day. Your goal may shift over the next six months but thinking now about your goal will help stay focused.
- **Make a personal plan.** Whether this is your first marathon or your fifteenth, every race is different, and you need a training plan. There are many programs out there: printed, online, personal one-one-one. Start looking for one that works best for your lifestyle now. New York Road Runners offers [The Official ING New York City Marathon Training Program](#), offering 20, 16 and 12 week customizable plans that adjust to your training and life. There are also some free plans available.
- **Keep your eye on the time.** A running watch (some with functions that feature GPS chips) will help you keep track of your time, distance, pace, and heart rate. This information is vital to your training so you may want to record it all in a journal or on your computer to help you keep track of everything.
- **Feel great, look sharp.** Technical running clothes made of lightweight, moisture-wicking fabrics can keep you cool, comfortable, and looking your best as you train.

GET READY TO RUN

I'M IN. FOR THE RUN OF MY LIFE.

- **Stoke the fire.** The foods you eat and the fluids you drink during your training are just as important as the miles you run. Proper hydration and nutrition can help your body recover from tough workouts and keep you going on race day. As you make your 26.2-mile journey through the streets of New York, you'll find [Poland Spring® Brand 100% Natural Spring Water](#), [Gatorade G Series Pro Endurance Formula](#), and [PowerBar Energy Gels](#) on the course. Experiment to learn which combinations works best for you; you don't want any surprises on race day.
- **Stay loose.** A massage and/or chiropractor adjustment shouldn't just be an occasional treat—regular treatments can help keep you healthy as you train. Don't let minor aches and pains turn into major injuries.
- **Keep fit—indoors.** Cross-training can improve your overall fitness while reducing the pounding of running. Swimming, cycling, and elliptical training are great ways to mix up your workout routine. Group fitness classes like spinning, yoga, zumba, and strength training can offer challenge and camaraderie.
- **The most exciting week of your life.** Prevent any travel stress by planning early. Experiencing the ING New York City Marathon is so much more than just race day. Our Race Week is filled with fun, exciting marathon related activities like the ING New York City Health & Fitness Expo, The Parade of Nations and The Dash to the Finish Line 5K and Marathon Monday event ends the week. Stay tuned to ingnycmarathon.org for all of the news and updates.

