

Marathon Tips – 1 Month and counting

by Charlie Peebles, DPM

10. **Trust your training** – your plan has gotten you this far. Don't vary and try to change at this time.
9. **Don't try to make up for lost training** – if you missed a run don't overdo it with trying to adding extra (can't cram for marathons like you could for college or high school exams). It is better to be undertrained than injured heading into an endurance event.
8. **Check your shoes** – make sure that you don't have too many miles on them. Ideal is to have about 100 miles on your race day shoes.
7. **Pick out your race day attire** – make sure you have used it on some of your long runs so you are comfortable with it. Make sure to check socks as well. Add layers on race day if needed.
6. **Keep well hydrated** – your long runs and biggest mileage weeks are right now.
5. **Get plenty of sleep** – rest will help your body recover.
4. **Do NOT ignore pain** – soreness after your long runs is expected but don't ignore pain or swelling. It may just require small adjustments or massage to keep you going. See a doctor for lingering pains (don't wait to the week before).
3. **DO what works for you** – you have put in the long miles and your routine has worked for you. Don't change it. Lace shoes the same, hydrate the same, eat the same and you will run like you trained.
2. **Trust your Taper** – your body is ready and this period of active rest will let your body rejuvenate. Don't try to make up for lost training during the last 2 weeks.
1. **Get ready to have the Time of Your Life** – you have done the hard part (The Training). Now have fun, enjoy the race, and wear your medal proudly – you've earned it!!!!

*And let us run with perseverance the race marked out for us.
Hebrews 12: 1*