

*Marathon Training Workshop - approximate time - 2:00 hours*

Topics:

- Selecting a goal marathon
- Building a marathon base
- Mileage Progressions & Plans for the marathon
- Targeting your training to your goal marathon
- Non-running Preparation – sleep, mental preparation, stress
- Injury Prevention
- Long Run Preparation, Execution & Recovery
- Race Tapering (running & fueling)
- Race Day Preparation & Packing List
- Race Strategies
- Post Marathon Recovery & Planning
- Hydration & Fueling for long runs and the marathon
- What to Wear for long runs and the marathon
- Efficient Running Form
- Breathing for the marathon
- Posture/Body Alignment/Cadence for Marathon Distance
- Track Work (Form/Breathing Practice)
- Wrap-up/Q&A