



HALF MARATHON/MARATHON TRAINING TIPS FOR SUCCESS

RUN4PRS

Congratulations! You made it to training!
You along with other athletes are all
chasing the same goal:
CRUSH 13.1 or 26.2 miles

WWW.RUN4PRS.COM
by RUN4PRs Coaching

TRAIN SMART & START WHERE YOU ARE

- Specific training is KEY for success in the sport
- We highly recommend upgrading to working with a coach to avoid injury and burn out
- We do NOT increase your mileage by more than 10% per week
- REST is apart of the program

HAVE FUN WITH IT

Running is something you ENJOY! Remember it normal if you miss a day of training. One day or even one week is not going to make or break your training.

This is your hobby. It doesn't have to be prefect. All runners have hard days. Goals are fun to keep us motivated. Running is a great way to live life to the fullest. Remember why you started and find joy in the little things each day!

LISTEN TO YOUR BODY!

Running is a high impact sport and injuries can happen if we are not careful. When we listen to our bodies, we will be able to catch signals of illness or injury before they cause a setback

- Always rest if you are in question "should I run through this or not?"
- See a PT (Physical Therapist) or ART (Active Release Therapist) as needed
- Do not run through pain, illness or injury

BECOME A RECOVERY EXPERT

To train hard, we must recover hard. Recovery is the most important factor of this challenge. If your body is not able to recover properly, you may not make it through the challenge. Staying healthy is key.

- Sleep 8+ hours per night
- NEVER run through pain/injury
- See a doctor right away if you feel any injury
- Take rest days & add in extra rest days if needed
- Go very easy on your easy runs
- Focus on nutrition & staying hydrated
- Foam roll, strength train, stretch
- Massage, compressions, ice, etc.