



# TRAINING GUIDE MY FIRST MARATHON

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وزارة الرياضة  
Ministry of Sport

برنامج جودة الحياة  
QUALITY OF LIFE PROGRAM



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KINGDOM OF SAUDI ARABIA

# THE MARATHON EXPERIENCE

## BE A FINISHER!

In a few months, a new experience awaits you that will take you beyond your limits. The goal? Complete the 42.195 km on the day to be one of the finishers of this legendary race. Until then, it's time to prepare for the challenge! You've come to the right place; this "My 1 st Marathon" training guide will give you all the secrets to achieve your goal. Physical and also mental preparation, the different training techniques, tips and tricks to try before the race... Basically, everything you need to know to be ready to cross the finish line on the day!

## MOTIVATION AND SELF-CONFIDENCE

The road ahead may seem long! You may be wondering about your physical strength or motivation... But do you know what is most important? Self-confidence! Step by step, day after day, your job is to motivate yourself to climb this mountain. And to never look back!

## SUPPORT NETWORK

To reach the end of this journey, we shouldn't go alone! So even if they won't be there at the finish line, include your friends, colleagues and family during the preparation stages. You can discuss your motivation with them, your training... They will be a great source of support throughout this challenge.

## MOST IMPORTANTLY, HAVE FUN

Always remember: we are here to enjoy ourselves! Running is a great way to let off steam, get some fresh air, enjoy nature or even become more zen. Even if you're not a pro, a marathon is one of those challenges you just want to take on!



# 42.195 KM

## AND NOT A METRE MORE !

**1896, Athens: the first Olympic Games of the modern era and an endurance race connects the city to Marathon, a town more than 40 km away. And so the marathon was born!**

**1908, London: King Edward VII wanted runners to set off from Windsor Castle to reach the Olympic Stadium of the London Games. The distance? 42.195 Km. This ultra-precise distance went down in history.**



# VOCAB LIST

## FIRST OF ALL, A FEW USEFUL WORDS AND CONCEPTS

### PACE

This the average time it takes you to run a distance of 1 km. Can you run 10 km in 1 hour? Your average pace is therefore 6 minutes per km.

### ANTI-CHAFING CREAM

The blister protection solution! It protects the skin from rubbing on the feet, chest, armpits and groin. With its lubricating effect, it reduces friction and irritation.

### INTERVAL TRAINING

A training method which consists in alternating periods of high-intensity exercise (running at higher speeds) with periods of recovery. Interval training allows for greater physiological progression. It is often practiced on an athletics track.

### CROSS TRAINING

This is the practice of building other sports into your preparation routine (swimming, cycling, gym...). The goal? To avoid the impact of each stride, give different muscles a workout and protect yourself from certain injuries.

### FARTLEK

Swedish word meaning “speed play”. An outdoor running exercise that lets you work on your speed and strength by varying your distance and pace.

### FINISHER

The Holy Grail! FINISHER are all those who reach the finish line. They are given a medal.

### JOGGING (OR ENDURANCE ZONE)

Low-intensity running to work on your stamina. You should experience less breathlessness and muscle fatigue when jogging. You should be able to hold a conversation during this type of run.



# VOCAB LIST

## ENERGY GELS

During intense exercise, swallowing one of these gels provides a fast energy boost. How does it work? Its contents are immediately available to be used by your muscles on the run!

## GLYCOGEN

This is how your muscles and liver store glucose (sugar): one of the fuels for exercise. These are the reserves that the muscles get some of their energy from!

## HITTING THE WALL

The physiological phenomenon known as “hitting the wall” can occur at around the 30 km mark. After a certain level of physical exertion, glycogen reserves become depleted. You quite simply run out of muscle fuel!

## PB

PB stands for “personal best”. This abbreviation is used to talk about your best time recorded over a given distance.

## START AREA

To avoid congestion at the start (and at the finish line!), runners do not all leave at the same time. The beginning of the race happens in waves, at predefined times.

## MAXIMAL AEROBIC SPEED (MAS)

The running velocity at which your oxygen consumption reaches its maximum. On average, you can only last 4 to 8 minutes at this speed continuously!



# ADAPT YOUR TRAINING

The priority? Getting to know yourself, and it's not that easy. However, it is only by knowing your potential and your improvement potentials that you can design an effective training program.

## BEGINNER: WILL YOU LAST THE COURSE?

- Get to know yourself and appreciate your potential. As you train, your basic pace, stamina and stride will improve to get you to the finish line.
- Stay humble. Running a long race requires a minimum amount of experience to avoid injuries. There's no need to start from the top: stay in a comfortable pace, and don't think -about the time to enjoy this first try. Stick to your training plan and don't add to it.

## CONFIRMED: TAKE MEASURED RISKS

Some tips to avoid failures when it comes to chronometric performance:

- Beating your time dramatically is rare on a marathon. An improvement of a few seconds may not seem impressive, but it will be a sign of real progress.
- The ideal landmark? Your best time. Start from your personal best over 21,097 km and estimate – while remaining humble and realistic! – your progress margin in order to be able to adapt your training. Don't forget the pace leaders! It is often better to rely on them than to board alone.



# WANT TO TACKLE A BIGGER DISTANCE?

Life is made for new challenges! If you've already run a 10km race or half marathon and want to increase your distance for Riyadh Marathon, here are some key advices to keep in mind.

## PERSEVERANCE AND DISCIPLINE

Before your marathon, prepare a complete training plan to make sure you are ready to start running. Be regular in your efforts: there is no question of skipping a session out of sheer laziness. The ideal way not to get discouraged? Spread out your training throughout the week and progress in stages!

## SPEED AND ENDURANCE

Endurance is built on a modest tempo. This means that it is better to start slowly than to go too fast and exhaust yourself after a few hundred meters. With experience, you will find the speed at which running feels natural and comfortable. Getting faster will then come with time.



# 5 /

# SOME TIPS

**01 Unity is strength:** running in pairs, even in groups, will ensure shared motivation and will prevent you from finding excuses to skip training.

**02 Running at least** 2 to 3 times a week is necessary to put yourself in the best physical condition to run a marathon.

**03 Adapt** your diet for an effort that sometimes exceeds 1h30mins: dinner rich in slow sugars the day before and a balanced snack at the end of the long run.

**04 Change your** running path regularly so you don't let routine get in the way.

**05 Dress according to the weather** this is your chance to test your outfit for D-Day.

**06 Use energy** products to get your body used to this feeding technique.

**07 Be patient and progressive:** increase your distance in steps.

**08 Write down** your results every week to evaluate your progress!



# 6

## THE MARATHON RUNNER'S WARDROBE

### TRAINERS

Your secret weapon! Your choice of footwear is very important: you need to put your best foot forward and try it out during your training. On the day, obviously, you need to avoid wearing new trainers.

### OUTFIT

It must be comfortable and suited to your morphology. Synthetic textiles are recommended : cotton is no good when it is soaked with sweat!

### SOCKS

Should fit properly around the foot and ankle. The right socks means no blisters!

### RACE BIB

The only proof that you have registered for the race. Collect it in plenty of time before the start and wear it during the race.

### MUSIC

To each their own, but many people like to prepare a playlist of upbeat music for a marathon. It's a great way to give yourself a boost!

### HYDRATION BELT

Any self-respecting marathoner's best friend, keeping you hydrated throughout the race! Don't forget to try it during training!



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# MARATHON MIND OVER MATTER

## A DOSE OF HUMILITY...

You will be running a distance of more than 40 km. You will have to search deep inside yourself to find the strength for this challenge! To achieve it, humility is in order. With only yourself to beat, you will not be able to rest on your laurels. The road ahead is long: do you have what it takes?

## A TASTE FOR CHALLENGE...

A first marathon is always an intense and unique experience that requires physical... and mental preparation! You need the strength to stick to your goals and go all the way on the day. Your first marathon is first of all an opportunity to review any “bad habits”. A few months beforehand, you need to start being more vigilant about what you eat, your sleep and also your stress levels. In short, a holistic approach is needed.

## ...AND TRAINING!

To prepare yourself, the best strategy is to organise a training plan over 10 to 12 weeks. A period long enough for the body to gradually withstand more and more intensive levels of effort in the field, everyone is their own coach.

So we organise ourselves as best we can to be ready and steady on the day!



# WHAT SHOULD I EAT?



Take advantage of your marathon adventure to review your eating habits

## DON'T FORGET: YOUR BODY'S

PERFORMANCE DIRECTLY DEPENDS ON THE QUALITY OF ITS "FUEL". BALANCED MEALS: EVENLY DISTRIBUTED PROTEINS, CARBOHYDRATES AND FAT. SUFFICIENT HYDRATION EVERYDAY (2L) AND EVEN MORE ON TRAINING DAYS AND ON THE RUN-UP TO THE DAY. AND, OF COURSE, AVOID EXCESSIVE CONSUMPTION OF ENERGY AND HIGH-CAFFEINE DRINKS



If you experience serious fatigue, check that you don't have any deficiencies.



# 8

## WATER, ELEMENT NUMBER 1

### EVERY DAY

On average, a person should consume at least 35 ml of water per kg of weight every day. Based on this calculation, a person weighing 75 kg should drink at least 2.6 liters of water every day!

### DURING TRAINING

During physical exertion, the calculation is different: athletes should consume 500 to 800 ml per hour. For a two-hour session, this means about 1.6 liters of water. Hydrate yourself in small, regular quantities: 3-4 sips every 20-25 minutes for example. Don't drink it all at once!

### POST WORKOUT

After exercise, the body continues to lose water to balance its temperature. Again, try to gradually consume nearly three liters of water in the hours following exercise.

As a general rule, you should never wait until you are thirsty. By this point, your body will have already lost 1% of its weight in water and more than 10% of its physical and cognitive abilities!



**DRINK!**  
DURING THE RACE, DON'T  
MISS ANY WATER SUPPLY.  
EVEN THE FIRST



# 9 / IDEAL DIET

SO WE CAN GET LEAN, BUT WE SHOULDN'T FORGET TO HAVE SOME PROTEIN



## BEFORE THE MARATHON

Food alone cannot “win” the race. However, it can make you lose it... Optimising your nutrition reduces the risk of injury: inflammation such as tendinitis and muscle damage (sprains, tears) or bone damage (stress fractures).

Before the competition, test during a long run (more than two hours and under marathon conditions) the best hydration and nutrition strategy for you. The same goes for solid foods present at drink stations (dried fruits, gingerbread, bananas, oranges): remember to test them before the day to see how your body responds. Tip: you have to chew them!

Three days before the marathon, stock up on carbohydrates, fats and proteins to optimise glycogen storage

## RACE DAY

It is crucial to plan the time of your last meal according to the start time of the marathon. Ideally, you should always consume your source of carbohydrate (gel, chew, fruit purée) with water so that your body can absorb it better.

But don't go over the top: overconsumption can speed up digestive transit and cause reactive hypoglycemia...

Most importantly, do not limit your water consumption before the start: get your body ready for what is to come! During the race, water at room temperature is best. If it is served too cold, you can always keep it in your mouth for a few seconds to avoid stomach upset.

## AFTER THE MARATHON

Half an hour after the race, your body is already starting to recover.

It replenishes its energy reserves and rebuilds damaged muscle fibers. To optimise recovery, drink mineral-rich waters and choose easily digestible high-energy foods. Watch out for muscle wasting!

Slimming down is great. But not at the expense of muscle mass! The body's metabolic fuel (glycogen) is mainly stored in the muscles. Without muscle mass, it is impossible to endure sustained exertion...



# TARGET: LEAN AND MEAN!

To help you balance your diet, here is a chart for you to use as a guide during your preparation.

**The principle is simple:** try to tick all the boxes during your training! To begin with, tick all the statements that correspond to your current habits. If you set yourself four to five new goals each month, you should be close to 100% as you reach your sporting goal!

<b>HYDRATION</b>	✓
DRINK AT LEAST TWO LITERS OF WATER EVERY DAY + 500 ML PER HOUR OF SPORT.	
NO MORE SUGARY DRINKS (FIZZY DRINKS, SWEETENED HOT DRINKS FROM THE VENDING MACHINE, FRUIT JUICE, SQUASH).	
CUT DOWN ON SPARKLING WATER AS IT CONTAINS SALT (EXCEPT AFTER A SESSION LASTING MORE THAN 1.5 HOURS).	
<b>EVERY DAY</b>	✓
NEVER SKIP THE THREE MAIN MEALS.	
IF YOU NEED A SNACK, EAT THE PORTION OF FRUIT INITIALLY PLANNED FOR THE FOLLOWING MEAL.	
MEALS SHOULD LAST AT LEAST 20 MINUTES: THE TIME NEEDED TO FEEL FULL INCLUDE A STARTER (E.G. SOUP).	
<b>GRAIN</b>	✓
EAT MOSTLY WHOLE GRAINS: PASTA, RICE, BULGUR, WHEAT/WHOLEMEAL/ SOURDOUGH/GRANARY BREAD.	
IN THE EVENING, CONSUME HALF THE QUANTITY OF GRAINS (UNLESS IT IS THE NIGHT BEFORE A SESSION LASTING MORE THAN 1.5 HOURS) YOUR PLATE SHOULD ALWAYS CONTAIN MORE VEGETABLES THAN STARCHY FOODS.	
DO NOT COMBINE BREAD AND STARCHY FOODS IN THE SAME MEAL. ALWAYS KEEP A GRAIN PRODUCT, AS THESE ARE REAL SOURCES OF FUEL.	
EVEN AT BREAKFAST, AVOID THINGS LIKE CRACKERS AND BISCUITS AS THEY DO NOT KEEP YOU FULL FOR LONG.	
CHOOSE SUGAR-FREE MÜESLI (WITH NUTS AND DRIED FRUITS OR CHOCOLATE CHIPS) RATHER THAN SWEETENED, PROCESSED, SHAPED OR EXTRUDED CEREALS.	
<b>BALANCED MEALS</b>	✓
TO MAINTAIN MUSCLE MASS, EAT A SOURCE OF PROTEIN AT EVERY MEAL: PULSES (LENTILS, KIDNEY BEANS, CHICKPEAS), QUINOA, TOFU...	
EAT YOUR FRUITS AND VEGETABLES RAW, TO GET THE HIGHEST CONCENTRATIONS OF VITAMINS AND ANTIOXIDANTS.	
ADD A STARTER OF RAW VEGETABLES IF YOUR MAIN COURSE DOES NOT CONTAIN ANY VEGETABLES.	
CONSUME A PRODUCT RICH IN CALCIUM (ALMONDS, TOFU, SPINACH, BEANS, FRUITS) WITH EVERY MEAL (THREE TIMES A DAY). IDEALLY, MOVE IT TO BEING A POST-WORKOUT SNACK.	
EAT A PORTION OF FRESH FRUIT WITH EVERY MEAL (SO THREE TIMES A DAY). ALTERNATIVELY, HAVE SOME COOKED FRUIT JUST BEFORE TRAINING.	
REPLACE THE CREAM, BUTTER AND FRYING OIL IN YOUR MAIN MEALS WITH A TABLESPOON OF OIL (RAPESEED OR OLIVE) PER MEAL.	



# AND IN THE PLATE ?



## 1 TABLESPOON

WITH EVERY MEAL REPLACE CREAM, BUTTER AND FRYING WITH OLIVE OR RAPESEED OIL.

## 3 LITTLE TREATS

CRISPS, CHIPS, SLICE OF CAKE, GLASS OF JUICE... YOU ARE ALLOWED 3 A WEEK, BUT NO MORE!



## 3 MEALS

THROUGHOUT THE TRAINING AND AFTER THE MARATHON, DO NOT SKIP ANY OF THE 3 MAIN MEALS!

## 20 MINUTES

THE MINIMUM TIME FOR A MEAL TO FEEL FULL.



# 11 TRAINING TIPS



## A BALANCED PLAN

Running a marathon for the first time requires sacrifice. Nothing impossible of course, but a minimum of three training sessions per week is necessary. You need to be organised!

The key? Set yourself progressive goals... And stick to them!

Our “My First Marathon” training plans have been specially prepared to get each of you all the way.

## REGULARITY

Being a weekend warrior is not enough. The weekly mileage needs to be spread out over the different days of the week.

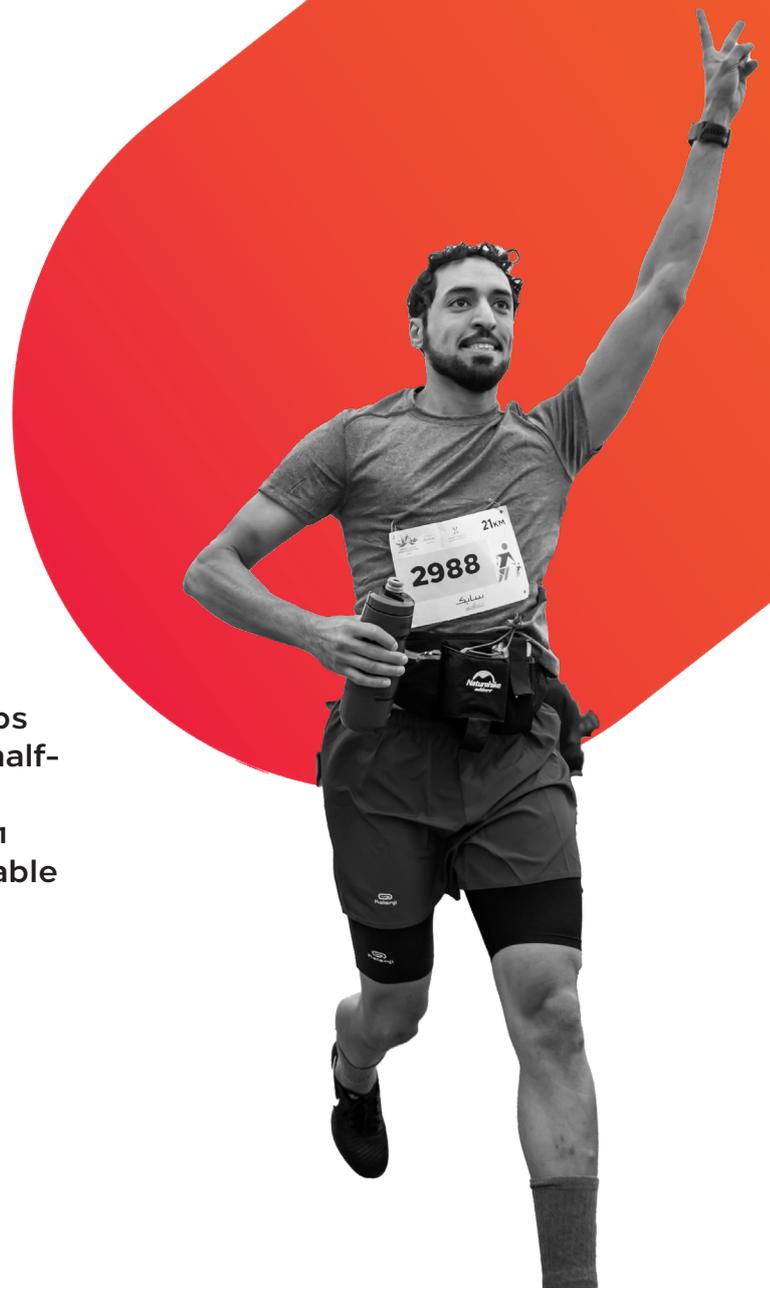
Also, stay tuned to your body! If you are really tired or running a temperature, give yourself a day off. In case of recurring pain, check that it is not a sign of possible future injuries.

SEE OUR TRAINING PLANS  
[WWW.RIYADHMARATHON.ORG](http://WWW.RIYADHMARATHON.ORG)

## THE ABC OF PACE

It is generally considered that pace drops by one KM/H on average between the half-marathon and the marathon.

If you run a half at 12 KM/H, a target of 11 KM/H for the marathon is very respectable



# THEY DID IT!

"IT WAS MY FIRST LONGEST RUN, I FINISHED WITH A LIFETIME LESSON, THAT LONG RUN IS A TEAM EFFORT, STAY WITHIN A GROUP AND HELP EACH OTHER AS LONG AS POSSIBLE. AND WHEN THE TIME TO PUSH A LITTLE BIT FURTHER ARRIVES, DON'T LOOK BACK, JUST GO FOR IT."

**HADEEL AL-SAID**

"NOT EVERY MARATHON TURNS OUT THE WAY YOU WANT. BUT I'VE LEARNED WITH EVERY INJURY & OBSTACLE I'VE FACED TO ALWAYS TRUST THE PROCESS AND MOST IMPORTANTLY TO TRAIN SMART."

**NAIF ABDULLAH  
ALBAIDALLAH**



**IT FEELS SO  
GOOD TO BE A  
MARATHONER**

**IBRAHIM ABDULAZIZ  
ALZAIDI**

**I RUN TO  
DISCOVER  
MYSELF.**

**FATEMAH ALMALKI**

"A LONG-AWAITED DREAM.. THE RIYADH MARATHON.. INDEED, RIYADH DESERVES TO HOST AN EVENT OF THIS SIZE AND LEVEL.. ESPECIALLY SINCE RIYADH IS THE CAPITAL OF GROWTH, DEVELOPMENT AND PROSPERITY IN VARIOUS FIELDS.. IT IS ABLE TO MAKE THE RIYADH MARATHON A GLOBAL EVENT WORTHY OF ITS REPUTATION AND POSITION. THE RIYADH MARATHON AND PEOPLE'S INTERACTION WITH IT AND THEIR PASSION TO PARTICIPATE IN IT.. AND HERE WE ARE TODAY LIVING A NEW EXPERIENCE AND CHALLENGE, GOD WILLING.. I REMEMBER IN A PREVIOUS ERA THAT I WITNESSED MORE THAN 30 YEARS AGO, WHERE I PARTICIPATED IN THE KING SAUD UNIVERSITY MARATHON IN 1412 AH.. GOD WILLING, THE NEXT ONE WILL BE BETTER"

**KHALED ABDULLAH ALSARRA**

PHYSICAL EDUCATION  
**RAAD FAYEZ AL ASMARY**

# 13 / THE KEYS TO SUCCESS

## STEP-BY-STEP TRAINING...

You've got to stay regular! Throughout these weeks of training, you will experience moments of joy, and you will feel like a superhero! But there will also sometimes be periods of weariness, even doubt. Stay as regular as possible in your training: during these few weeks, try not to drop out of any scheduled sessions and keep making progress day after day...

## ... WITH INCREASING INTENSITY!

Your body will get used to this training pace and will get stronger. It will go further and further and endure more and more strenuous exertion. Be careful not to skip any steps though!

For better or worse, you must remain faithful to the training plan set, the distances traveled and the pace to adopt.

## WHAT DOES BASIC SPEED MEAN ?

During training, try to remember the rhythm of your marathon pace as much as possible. This rhythm is often very close to that of jogs in endurance training when starting out

This is where you feel comfortable. The basic speed that you will run at for several hours on race day!

4H 42MIN 19SEC was the average time in 2019.



# THE THREE TYPES OF SESSION

## 1 THE LONG RUN

### THE BASIC

A long run increases stamina. It helps your body learn how to keep on going over time. Its purpose is to prepare you to run for more than four hours. And to

get there? Set aside plenty of time during the weekend. you can even ask friends with a similar level to join your session!

### BENEFITS

- 01** The long run teaches you to memorise the pace at which you feel perfectly comfortable and able to keep going for longer. When preparing for your first marathon, you need to find a comfortable speed during this run. A speed at which running becomes easy and that allows you to hold a conversation without becoming too out of breath;
- 02** What matters is being able to keep going. With practice, you will feel more at ease and will increase your stamina. Your pace will naturally improve;
- 03** To gradually increase the length of your long run, remember to note down the duration of each one and increase it little by little from week to week;
- 04** A long run is also an opportunity to test your equipment: shoes, clothing, nutrition. It's never too early to get into good habits so that you are fully prepared on the day.

**ALWAYS REMEMBER THAT YOU MUST PREPARE IN ADVANCE  
AND DO NOT TEST ANYTHING NEW ON**

**3** RUNS A WEEK ARE ENOUGH TO TRAIN  
PROPERLY





# NOT FOR TOO LONG

During training, there is no point in trying to run for the full time you intend to run on the day of the race. Doing so puts you at risk of physical overexertion and injuries.

Even for a marathon in more than 4 hours, there is no point in trying to run for more than 3 hours on a long run. What matters is that you take into account your weekly mileage as a whole not the mileage of a single run!



# THE THREE TYPES OF SESSION

## 2/ JOGGING

### THE BASIC

Endurance-training jogging is, like a long run, over a period ranging from 45 min to 1H15 .It corresponds to low-intensity exercise and helps improve your stamina, but also helps you to recover properly from more intense sessions.

### BENEFITS

- 01 Jogging is easy to fit into your training week
- 02 It improves cardiovascular and muscular endurance
- 03 Jogging can be done once a week, on an empty stomach (without exceeding one hour), to allow the runner to tone up, but especially to accustom their body to better use its energy reserves at the end of the marathon.



# THE THREE TYPES OF SESSION

## 3 / INTERVAL TRAINING

### THE BASIC

A training session with repeated physical exercise over several distances, at different intensities, with calibrated recovery times. In other words, a well-organised workout that alternates the rhythms of running between periods of exertion and periods of recovery. It helps improve cardiovascular fitness, the efficiency of your technique and energy management. It is therefore a must for marathon training that forces you to get out of your comfort zone and to remember your pace!

### BENEFITS

- 01** The interval training session pushes you to work at different paces. In doing so, it improves your physical abilities;
- 02** Interval training also makes your stride and technique more effective, saving your energy.

### SOME PRECAUTIONS TO TAKE:

From the age of 40, runners are advised to take an ECG stress test before starting a high-intensity interval exercise program. Avoid doing two interval training sessions two days in a row. Stick to a balanced workout plan with a combination of long runs, jogs and interval training sessions.



# 15/



## EXAMPLES OF INTERVAL SESSIONS

### THE 30/30

This is the most basic interval training technique. It consists of a repetition of sets: 30 seconds fast, 30 seconds slow (slow jog rather than walking), with the advantage of being possible on all types of terrain. Beginners should try to achieve a first set of 10 repetitions of 30/30 before thinking about intervals over longer durations (and therefore distances).



### 10 X 400 M

This classic interval training session requires good management of repetitions. Run 400 m fast then jog 200 m and start again. Make sure you keep the same pace, both in the 400 m of intense exercise and in the 200 m of recovery.

### 3 X 10 MINUTES

This is a long interval training session. This type of workout, run at a pace that might be close to the speed at which you could run 10 km in a competition, teaches you to master a higher speed than that used during endurance sessions and thus be able to last at a high level of intensity. Recovery is at least three minutes of slow jogging. Take care, if you are too tired or short of breath, it is best to slow down or even cut the session short.

### 6 X 1.000 M

A demanding set that requires a minimum of experience. It can be split into two separate blocks (2 x 3 x 1,000 m) with a recovery period of 2 minutes between each 1,000 m, and 4 minutes between the two blocks. To save the energy that will enable you to get to the end of the set, don't push yourself too hard during the first three sets. Do not be surprised if you find it hard: everyone finds it hard!



# MIX THINGS UP: CROSS TRAINING



## THE BASIC

Cross training involves replacing or adding a session to the training plan by practicing a sport other than running. Swimming, cycling, cardio class, bodybuilding.... although not specific to running, these sports can be complementary.

Cross training can be particularly useful for runners prone to injuries (tendinitis, etc.) who can do an endurance session on a bike or in the pool, and therefore avoid the impacts that each stride on the ground has on their muscles and tendons

## BENEFITS



- 01** It is a good way to ring the changes of training
- 02** Doing a different physical activity optimises recovery from certain running sessions;
- 03** A benefit not to be sniffed at the training volume can be slightly increased by alternating sports;
- 04** As the whole body does not work the same way, cross training helps strengthen the muscles that are a little neglected by running;
- 05** Very important: the variety will also reduce the risk of injury.

## KEEP THE BALANCE!

It would not be possible to prepare for a marathon by solely training on a bike or in the pool. The best way to get ready to run remains... Running! Running should remain the dominant sport in your training plan.



# KEEP YOUR MOTIVATION

## THE CONCEPT OF REBOUND

Training more and more does not necessarily mean that you will improve with each session. There is a limit for each runner beyond which the work is no longer productive. Don't wait until you see signs of overwork or overtraining to allow yourself complete days of rest or even whole weeks of a reduced program (usually one per month).

## WHEN YOUR HEAD DECIDES, YOUR LEGS WILL FOLLOW

No mystery or secret: during the race, you go from the pure physical to the mental when the kilometers get longer. Make sure you get enough food and take the time you need to do so. You're not alone in your efforts: everyone has a hard time finishing. To make it easier for you, mentally divide the distance into small portions rather than considering it as a whole.

## TRUST YOURSELF

Periods of doubt are normal in the months of marathon preparation. It is natural and it is especially there that your loved ones will be essential: they believe in you and your abilities. So repeat yourself: "Yes, I can do it!"





# GOOD PRACTICE

## RESTORATIVE SLEEP FIND THE RIGHT BALANCE

Preparing for a marathon is a tiring ordeal, putting your body to the test. Try to sleep well every night, as much as possible. Why? To replenish your energy reserves but also to repair the tissues damaged by training.

A lack of sleep doubles the risk of injury and quadruples your chances of catching a cold or sore throat. So it's not something to be taken lightly. And as a reminder, a good night's sleep is at least 8 hours!

Even if you are super motivated, always respect your body. Neglecting recovery phases, for example, is out of the question.

Every four weeks, give yourself a "light" week with lower mileage. And during rest days, take the chance to really put your feet up. This gives your body a chance to register the efforts made during training.

Finally, instead of doing sessions one after the other, consider mixing things up with other endurance disciplines such as swimming or cycling



## 300 KG

THE LOAD THAT A 75 KG RUNNER'S JOINTS BEAR WITH EVERY STRIDE, 4 TIMES THEIR OWN BODY WEIGHT.



# COUNTDOWN: 7 DAYS TO GO!

## KEEP CALM & CARRY ON

### 7 DAYS TO GO

Drink two to three liters of water a day every day before the race. Stick to set mealtimes. And don't go being an adventurous eater a few days before the marathon: eat healthy and simple foods.

### 3 DAYS TO GO

A short 20-to-30-minute run to keep fit, but no more! Rest more often than you tire yourself out. Find the exact meeting point and figure out how you are going to get there.

### 2 DAYS TO GO

Increase your glycogen reserves by eating slow-release carbohydrates and protein. Don't go overboard on the pasta and rice though!

### 1 DAYS TO GO

Choose your outfit for the race according to the weather conditions. Also include something to keep you warm before the start.

Water only! Don't go anywhere without your little bottle of water and drink a few sips every hour. Your urine needs to remain clear!

Relax and avoid any stressful situations. The ideal schedule? A chilled-out afternoon at home, complete with a nap!

# 97%

THE PERCENTAGE OF FINISHERS  
IN 2017 ON THE PARIS, LYON,  
REIMS, MARSEILLES MARATHONS



# RACE DAY CHECK-LIST

01



## A BALANCED BREAKFAST

Stick to your good eating habits; don't go over the top! Nothing too complicated, you just need to replenish your energy reserves

04



## RIGHT ON TIME

At least 20 minutes before the start time, go to the start area defined according to your target time, and warm up to music.

02



## TAKE CARE OF YOUR SENSITIVE AREAS!

Protect sensitive areas of your body where friction can cause skin irritation. Stick plasters on your skin at friction points with your clothing and runners. Apply a thick layer of anti-chafing cream to skin folds and areas where the skin can be irritated by prolonged friction while you are running. You don't want to damage those delicate parts of your skin!

05



## HAPPY AND POSITIVE!

Don't forget, we are also here to enjoy ourselves! In a few hours you will be a finisher.

03



## DOUBLE OR TRIPLE KNOT

Tighten your laces, of course, but not too tight because your feet swell during exercise. Whether you tie a double or triple knot is up to you.

## BREAKFAST

### AVOID

- Too much coffee or fruity juice;
- Ready meals;
- Fatty food;
- Large portions of sweetened cereal;
- Poorly tolerated dairy products.

### INSTEAD OPT FOR

- Energy bars;
- Wholemeal bread;
- Plain muesli;
- Green tea;
- Water.

# DURING THE RACE

01

During the race, do not wait until you are thirsty to hydrate yourself (especially when the outside temperature is high). Take regular sips throughout the race. Large quantities could cause sudden and severe stomach discomfort;

02

Once the bottle is finished, put it in one of the containers provided. So that it can be recycled, pour the rest of the liquid on the ground if it is not finished;

03

Whether you use a pace setter or not is down to personal preference This can be a great help to manage your race, but you must be able to stay clear-headed, focused on what you're feeling and continue to be attentive to what you are experiencing

04

For your first marathon, simply focus on the goal of finishing, not on achieving a specific time...

05

Every 5km, drink stations offer you water, vitamin drinks, fresh fruits and dried fruits. Drinking from the very first drink station prevents dehydration and cramps;

06

Do not set off too fast and risk wasting your energy unnecessarily. Don't forget: the seconds gained in the first few kilometres may well be paid for in minutes at the finish line. Starting too fast is never a good strategy;

07

A light warm-up to wake up your muscles is enough, because the first few kilometers will also serve that purpose;

08

It is too late to be testing products such as energy gels on the day. Every individual needs to define their nutrition strategy beforehand, during training and long runs.



# AFTER THE MARATHON

01

## JUST AFTER THE RACE

To replenish your glycogen reserves, eat foods such as bananas, energy bars and those with a low glycaemic index, such as bread, pasta or rice. Carry on drinking water throughout the day.

02

## 1 TO 3 DAYS LATER

It's time to recover! So take it easy. Rest up and eat a balanced diet. Complex carbohydrates and proteins such as quinoa and beans can help repair muscle fibers.

03

## 10 DAYS LATER

After a 7 to 10 day break, your first recovery jog might be in order! Start off very slowly over a distance of 5 km maximum. If you feel any abnormal pain, stop everything! Go and see your physiotherapist to get advice on the best course of action.

04

## 1 TO 14 DAYS LATER

Muscles can ache for up to two weeks after a marathon! Walking, however, can help eliminate toxins. And don't forget to stick to your good habits with nights of more than 8 hours of sleep.



**NOW,  
IT'S  
OVER TO  
YOU...**



**ماراثون الرياض  
RIYADH MARATHON**

**GOOD LUCK WITH YOUR  
PREPARATION!**