THE ESSENTIAL MARATHON CHECKLIST

From spare safety pins to armpit lube it's easy to forgot something important in favour of simply making it to the start line alive. Worry no more, our essential marathon check list will take the pressure off so all you have to do is run!



- [ ] DO taper
- [ ] Practice race nutrition
- [ ] Cross-train
- [ ] Sleep
- [ ] Lube up
- [ ] Check your kit - once, twice, three times
- [ ] Hydrate
- [ ] Smile
- [ ] Arrange a meeting point
- [ ] Bask in that post-race glow
- [ ] Book Monday off work
- [ ] Keep moving
- [ ] Don't try to play catch up
- [ ] Don't stress
- [ ] Avoid experimenting with your food
- [ ] Resist box fresh trainers

- [ ] Don't go out too fast
- [ ] Swerve the post-race blues
- [ ] Treat yourself

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