



THE TB12 MARATHON TRAINING PLAN

Prepare your mind and body for race day with our 18-week marathon training plan. This program includes a comprehensive daily running schedule, as well as curated resistance band exercises designed to enhance your recovery and maximize your functional strength in preparation of race day. Our emphasis on muscle pliability, both pre- and post-run, will prepare your body for the straining physical toll that comes with months of daily training.

This isn't just a training plan, and we aren't just here to get you across the finish line. We're here to help you find the confidence to shatter your own expectations, take on whatever challenge is in front of you, and do what you love to do, longer.

LET'S GO!

BASIC TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Cross Training	3 mi + Phase 1	5 Mile Run	30 Min Tempo Run	Active Recovery	8 Mile Run	Active Recov. + Phase 1
Week 2	Cross Training	3 mi + Phase 1	5 Mile Run	3x Hills	Active Recovery	9 Mile Run	Active Recov. + Phase 1
Week 3	Cross Training	3 mi + Phase 1	5 Mile Run	30 Minute Progression	Active Recovery	6 Mile Run	Active Recov. + Phase 1
Week 4	Cross Training	3 mi + Phase 1	6 Mile Run	35 Min Tempo Run	Active Recovery	11 Mile Run	Active Recov. + Phase 1
Week 5	Cross Training	3 mi + Phase 2	6 Mile Run	4x Hills	Active Recovery	12 Mile Run	Active Recov. + Phase 2
Week 6	Cross Training	3 mi + Phase 2	6 Mile Run	35 Minute Progression	Active Recovery	9 Mile Run	Active Recov. + Phase 2
Week 7	Cross Training	4 mi + Phase 2	7 Mile Run	40 Min Tempo Run	Active Recovery	14 Mile Run	Active Recov. + Phase 2
Week 8	Cross Training	4 mi + Phase 2	7 Mile Run	5x Hills	Active Recovery	15 Mile Run	Active Recov. + Phase 2
Week 9	Cross Training	4 mi + Phase 3	7 Mile Run	45 Minute Progression	Active Recovery	Half-Race	Active Recov. + Phase 3
Week 10	Cross Training	4 mi + Phase 3	8 Mile Run	45 Min Tempo Run	Active Recovery	17 Mile Run	Active Recov. + Phase 3
Week 11	Cross Training	5 mi + Phase 3	8 Mile Run	6x Hills	Active Recovery	19 Mile Run	Active Recov. + Phase 3
Week 12	Cross Training	5 mi + Phase 3	8 Mile Run	50 Minute Progression	Active Recovery	13 Mile Run	Active Recov. + Phase 3
Week 13	Cross Training	5 mi + Phase 4	5 Mile Run	60 Min Tempo Run	Active Recovery	20 Mile Run	Active Recov. + Phase 4
Week 14	Cross Training	5 mi + Phase 4	8 Mile Run	7x Hills	Active Recovery	12 Mile Run	Active Recov. + Phase 4
Week 15	Cross Training	5 mi + Phase 4	5 Mile Run	60 Minute Progression	Active Recovery	21 Mile Run	Active Recov. + Phase 4
Week 16	Cross Training	5 mi + Phase 4	4 Mile Run	6x Hills	Active Recovery	12 Mile Run	Active Recov. + Phase 4
Week 17	Cross Training	4 mi + Phase 4	3 Mile Run	30 Min Tempo Run	Active Recovery	8 Mile Run	Active Recov. + Phase 4
Week 18	Cross Training	3 mi + Phase 4	2 Mile Run	Rest	Active Recovery	2 Mile Run	Day Before Race!

KEY TERMS

**Disclaimer: Before beginning this training protocol, runners should be able to run 5 miles comfortably in one stretch and at least 15 miles in one week.

PHASES: Our training plan is broken down into four phases, with each phase lasting four weeks. When your plan calls for you to run and complete phase exercises, which happens every Tuesday and Saturday, you'll do the TB12 exercises found on pages 3 through 6 of the plan in addition to the necessary run.

RECOVERY: These days should be used to reset both mentally and physically. Spend at least 15 minutes foam rolling your lower body in the morning and at night, and be mindful of your hydration throughout the day. Use this time to hone in on your goals and focus on the little things you can do each week to progress towards your ultimate goal.

REGULAR RUN: A run with a consistent, moderate pace from beginning to end. Focus on maintaining a steady pace and proper form throughout these runs.

PROGRESSION: Begin these runs at a pace slower than your typical mile pace, and continue to increase your pacing mile-by-mile until you're running at a speed that is faster than your usual, comfortable mile pace.

TEMPO RUN: A training run at an elevated pace, usually lasting somewhere between 20 to 30 minutes. These runs should not be overly strenuous but push yourself to maintain a consistent, faster-than-usual pace throughout.

INTERVALS: Run short distances with quick, fast bursts of speeds alternating with a jog in between. A typical interval run could include a half mile at an accelerated pace, followed by a half mile jog, and you'll repeat this pattern for the duration of the run.

LONG RUN: The lengthiest run of the week. These longer runs will continue to build up in length as you progress through the four phases, and will help you to improve your endurance while preparing your body for the strain of race day. Maintain a consistent pace throughout these long runs, and try to run at a speed as close to your goal marathon pace as possible.

CROSS TRAINING: Cross training is an excellent way to enhance your recovery and overall fitness through activities outside of running that require less load on the legs and feet. The goal with cross training is to get moving, elevate your heart rate, and train the body through exercise that does not work the same muscle groups as running. We recommend riding the stationary bike, using the elliptical, swimming, taking a yoga class, or going for a brisk walk as some great ways to cross-train during your marathon training.

HILL RUN: This run should be done on a larger hill, or the biggest hill on the race course if you have access to it. It starts with a 1-2 mile warm up, then run repeats of a hill (going up and down counts as 1) for the amount of times listed. End with a 1-2 mile cool down.

BOSTON MARATHON TRAINING PLAN



ADVANCED TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	3 Mile Run	5 Mile Run	3 mi + Phase 1	30 Min Tempo Run	Active Recovery	10 Mile Run	Active Recov. + Phase 1
Week 2	3 Mile Run	5 Mile Run	3 mi + Phase 1	3x Hills	Active Recovery	11 Mile Run	Active Recov. + Phase 1
Week 3	3 Mile Run	6 Mile Run	3 mi + Phase 1	30 Minute Progression	Active Recovery	8 Mile Run	Active Recov. + Phase 1
Week 4	3 Mile Run	6 Mile Run	3 mi + Phase 1	35 Min Tempo Run	Active Recovery	13 Mile Run	Active Recov. + Phase 1
Week 5	3 Mile Run	7 Mile Run	3 mi + Phase 1	4x Hills	Active Recovery	14 Mile Run	Active Recov. + Phase 2
Week 6	3 Mile Run	7 Mile Run	4 mi + Phase 2	35 Minute Progression	Active Recovery	10 Mile Run	Active Recov. + Phase 2
Week 7	3 Mile Run	8 Mile Run	4 mi + Phase 2	40 Min Tempo Run	Active Recovery	16 Mile Run	Active Recov. + Phase 2
Week 8	3 Mile Run	8 Mile Run	4 mi + Phase 2	5x Hills	Active Recovery	17 Mile Run	Active Recov. + Phase 2
Week 9	3 Mile Run	9 Mile Run	4 mi + Phase 3	45 Minute Progression	Active Recovery	Half-Race	Active Recov. + Phase 3
Week 10	3 Mile Run	9 Mile Run	4 mi + Phase 3	45 Min Tempo Run	Active Recovery	19 Mile Run	Active Recov. + Phase 3
Week 11	4 Mile Run	10 Mile Run	5 mi + Phase 3	6x Hills	Active Recovery	20 Mile Run	Active Recov. + Phase 3
Week 12	4 Mile Run	6 Mile Run	5 mi + Phase 3	50 Minute Progression	Active Recovery	15 Mile Run	Active Recov. + Phase 3
Week 13	4 Mile Run	10 Mile Run	5 mi + Phase 4	60 Min Tempo Run	Active Recovery	21 Mile Run	Active Recov. + Phase 4
Week 14	5 Mile Run	6 Mile Run	5 mi + Phase 4	7x Hills	Active Recovery	15 Mile Run	Active Recov. + Phase 4
Week 15	5 Mile Run	10 Mile Run	5 mi + Phase 4	60 Minute Progression	Active Recovery	22 Mile Run	Active Recov. + Phase 4
Week 16	5 Mile Run	8 Mile Run	5 mi + Phase 4	6x Hills	Active Recovery	12 Mile Run	Active Recov. + Phase 4
Week 17	4 Mile Run	6 Mile Run	4 mi + Phase 4	30 Min Tempo Run	Active Recovery	8 Mile Run	Active Recov. + Phase 4
Week 18	Active Recovery	3 Mile Run	3 mi Tempo + Phase 4	2 Mile Run	Active Recovery	Active Recovery	Day Before Race!

TIPS FOR TRAINING FOR A FALL MARATHON:

Fall is an amazing time to run a marathon—the temperature is perfect, leaves are changing, and there are so many great options for races. The challenge, though, is that we all now have a lot of hard work to put in during the hottest months of the year. Here are a few important things to prioritize as you begin your training again:



PLAN, PLAN, PLAN:

Always think ahead! Running in hot and humid weather can be uncomfortable at best and dangerous at worst, so be cognizant of the forecast. If the weather report calls for a lot of heat and humidity, plan your runs around it by either avoiding that day, moving that run indoors, or getting outside as early as possible in the morning.



CONSISTENCY IS KEY:

The summer often means lots of weekend trips with friends, which makes training very hard. I like to think of it as a way to learn a new city/town. Get out early so you don't miss out on any of the fun, but still get your run in whenever possible. Try your best to not skip a week, but if you do, jump right back into your program as soon as you get back!

KNOW WHAT YOUR BODY NEEDS:

This is a great time to really focus on your body and overall health while you prepare for training to pick up again. If you were dealing with any injuries, now is a great time to address them! If you've been training really hard, your body might need to just reset and build some base – this base will carry you to when your training builds back up again.

PLIABILITY

Equipment: TB12 Vibrating Sphere or Vibrating Foam Roller

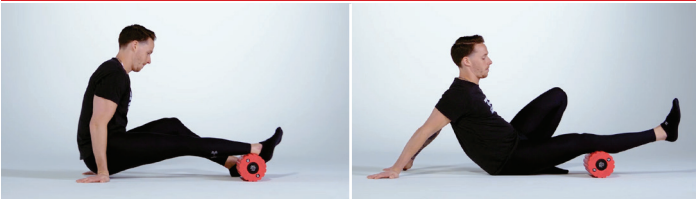


Make foam rolling a daily habit to maintain pliable muscle tissue and reduce soreness and tightness through the key muscle groups in your lower body. Dedicate 10-15 minutes before and after each run, as well as on rest days, to thoroughly foam rolling the following muscle groups.

FREQUENCY: Every day (including recovery day), before and after running

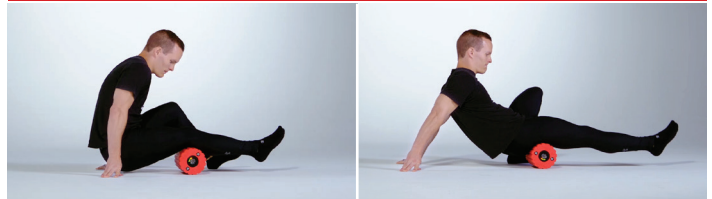
DURATION: 2-3 minutes for each muscle segment

1. GASTROCNEMIUS/SOLEUS



Place the device above the ankle joint. Roll towards the knee, then back down to just above the ankle. Be sure to cover the middle, outside, and inside of the muscles. You can enable deeper pressure by crossing one leg over the other. Repeat this motion until you feel a change in the tissue, then switch legs.

2. HAMSTRINGS



Begin by sitting on the ground with the device behind your knee. Roll from the back of your knee up to the base of your bottom, then down to the back of your knee. Be sure to hit the middle, outside, and inside of the muscles. Repeat this motion until you feel a change in the tissue, then switch legs.

3. GLUTEUS MAXIMUS/MEDIUS



Begin by sitting on the device with one side of your buttocks. Roll from the back part of your leg up to the top of your hip (just below the low back). Be sure to rotate your leg and trunk as you roll to cover all parts of the muscles. Repeat this motion until you feel a change in the tissue, then switch sides. You can enable deeper pressure by crossing one leg over the other.

4. TIBIALIS ANTERIOR



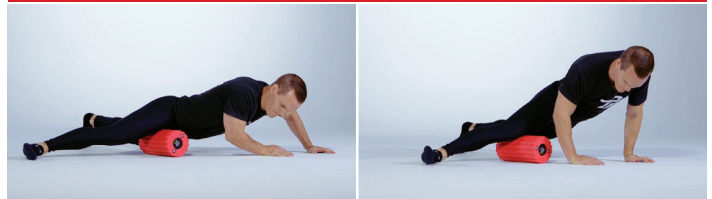
Begin on all fours with the device on the outside front of your lower leg, just below the knee. Roll from the top of your knee to your ankle, then back to the top of your knee. Be sure to rotate your leg to cover all parts of the muscle. Repeat this motion until you feel a change in the tissue, then switch legs.

5. QUADRICEPS



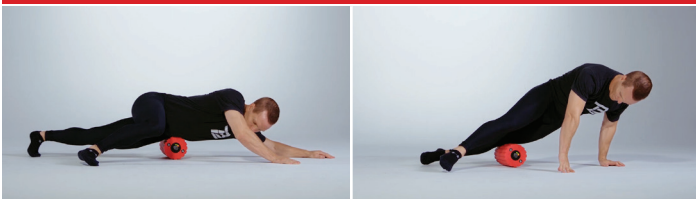
Begin face down, propped up on your elbows with the device on your front thigh right above the knee. Roll from the top of your knee to the front of your hip – just below your pelvis – then back down to the starting position. Be sure to cover the middle, outside, and inside of the muscle. Repeat this motion until you feel a change in the tissue, then switch legs.

6. ADDUCTORS/GROIN



Begin face down, propped up on your hands – or elbows – and one knee, with the other hip bent up to the side. Place the device on the inside of your thigh just above the knee. Roll to your upper groin and pelvis, then back down to just above the knee on your inner thigh. Be sure to cover the middle, outside, and inside of the muscles. Repeat this motion until you feel a change in the tissue, then switch legs.

7. ILIOTIBIAL BAND (ITB)



Begin propped up on both arms with one leg crossed in front of your body and the device between your other thigh and the ground, right above the knee. Roll up to the top outside of your hip, then return to the outside of your thigh just above the knee. Repeat this motion until you feel a change in the tissue, then switch legs.

8. BOTTOM OF THE FOOT



Begin by placing your heel on the device and – using your body weight to apply pressure – roll up to your toes while spreading your toes wide. Then roll back to your heel while curling your toes. Be sure to cover all the tissue on the bottom of your foot. Repeat this motion until you feel a change in the tissue, then switch feet.

PHASE 1: WEEKS 1 THROUGH 4

Equipment Required: TB12 Handled Resistance Bands, Short Looped Band



Focus of Exercises: These exercises are heavily focused on improving muscle activation and strength in your glutes, core, and leg musculature. Improving your single leg stability and strength will help you improve your hip stability, strengthen your stride, and become a more efficient runner.

FREQUENCY: Performed on the days indicated on your chosen training plan

DURATION: Circuit of seven exercises performed three times through, 20-30 seconds each exercise

1. GLUTE BRIDGE



Contract your glutes and core to lift your hips off the ground until they're straight, while being sure not to flex your hamstrings. Then lower your hips to the ground. Repeat this motion continuously.

2. GLUTE MEDIUS SIDE PLANK



Lie on your side with your lower knee bent. Distribute your weight between your lower leg and your lower elbow. Lift your upper leg in the air and hold it steady. Hold this position for 20 seconds. Switch sides.

3. LATERAL BAND WALKS



Place the small looped band above knees. Step to your right by pushing off of your left leg for three steps, then return to you left by pushing off of your right leg for three steps. Keep your feet apart throughout the movement and do not move your upper body from center. Repeat this motion continuously.

4. PALLOF PRESS



Attach band from shoulder kit at chest height. Press both arms straight out from your chest, then bring your arms back in. Repeat this motion continuously while being sure not to move your lower body. Turn 180 degrees and repeat this motion on your other side. Move your arms quickly and fluidly throughout.

5. 90:90 SINGLE LEG BALANCE



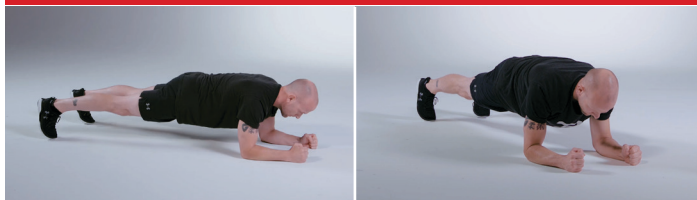
Hold your balance in this position. Do not lean to either side or tap your raised leg to the ground — if you need to regain balance, try hopping on your plant leg instead. Switch to the other side and hold balance on your other leg.

6. GLUTE RESISTED SQUATS.



Place a small looped band above the knees. Bend your knees and hips while lowering your bottom toward the ground until your knees reach a 90-degree angle. Then extend your knees and hips to return to the starting position. Repeat this motion continuously.

7. FRONT PLANK



Keep your head facing the floor and contract your core and glutes while breathing regularly. Don't arch your back or let your hips lean to either side.

PHASE 2: WEEKS 5 THROUGH 8

Equipment Required: TB12 Handled Resistance Bands, Long Looped Band, Short Looped Band



FREQUENCY: Performed on the days indicated on your chosen training plan

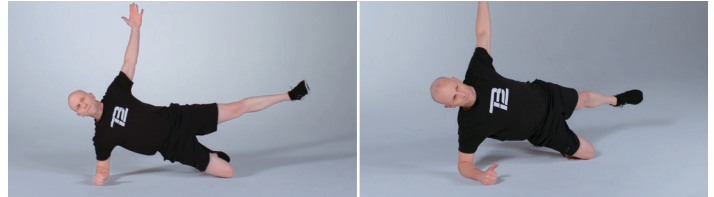
DURATION: Circuit of seven exercises performed three times through, 20-30 seconds each exercise

1. GLUTE BRIDGE



Place a small looped band just above your knees. Contract your glutes and core to lift your hips off the ground until they're straight while being sure not to flex your hamstrings. Then lower your hips to the ground. Repeat this motion continuously.

2. GLUTE MED SIDE PLANK WITH LEG LIFTS



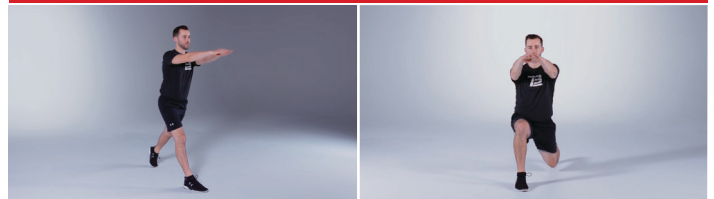
Lie on your side with your lower knee bent. Lift your upper leg in the air and hold it steady. Hold this position for 10 seconds while contracting your core and glutes. Then lift your upper leg straight up and bring it back down without moving the rest of your body. Repeat this motion continuously and quickly. Switch sides and repeat this motion.

3. LATERAL BAND WALKS



Place the small looped band above knees. Step to your right by pushing off of your left leg for three steps, then return to you left by pushing off of your right leg for three steps. Keep your feet apart throughout the movement and do not move your upper body from center. Repeat this motion continuously.

4. SPLIT SQUAT



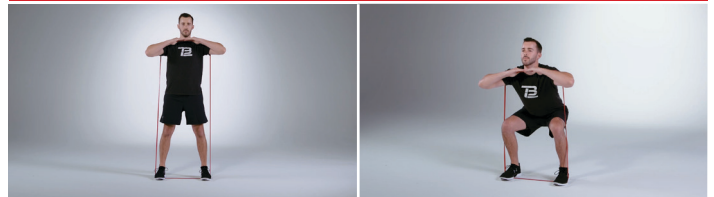
Lower your body straight down until your back knee taps the ground. Then squeeze your glutes and explode back up to the starting point. Be sure that you do not lean to one side or the other, and that your front knee does not collapse inward. Repeat continuously on the other leg.

5. FOUR DIRECTIONAL TOE TAPS



Tap your elevated foot straight out to your side, then, tap it back diagonally from your body, then straight behind your body, and then to the other side of your body behind your plant leg. Repeat this motion continuously and repeat the same motion with your other foot. Be sure to hold your plant leg stable.

6. RESISTANCE BAND SQUATS



Sit back into a squat on your glutes, then explode upward, maintaining an upright posture. Repeat this motion continuously at a quick pace. Do not allow your knees to collapse inward or your knees to go past your toes.

7. FRONT PLANK WITH LEG LIFTS - NO EQUIPMENT



Keeping your body stationary, maximally engage your glutes and core, and keep your back and hips level. Lift one leg straight off the ground. Lower that leg back down, then lift your other leg. Repeat continuously, alternating legs.

PHASE 3: WEEKS 9-12

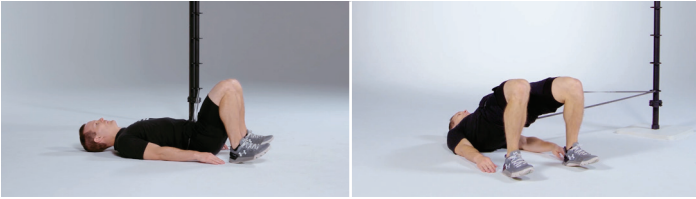
Equipment Required: TB12 Handled Resistance Bands, Long Looped Band, Short Looped Band



FREQUENCY: Performed on the days indicated on your chosen training plan

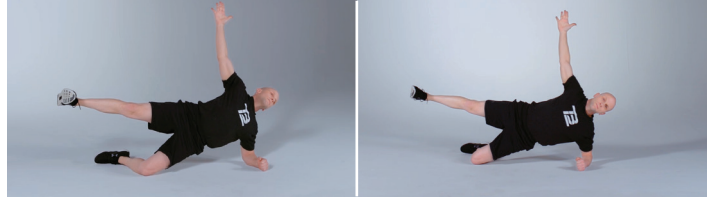
DURATION: Circuit of seven exercises performed three times through, 20-30 seconds each exercise

1. LATERAL RESISTED GLUTE BRIDGE



Contract your glutes and core to lift your hips off the ground until they're straight, then lower your hips to the ground. Repeat this motion continuously without letting the band pull you to the side. Turn 180 degrees and continue on the other side.

2. GLUTE MED SIDE PLANK (W/ SMALL LOOPED BAND)



Place a small looped band above your knees. Lie on your side with your lower knee bent. Distribute your weight between your lower leg and your lower elbow. Lift your upper leg in the air and hold it steady. Hold this position for 20 seconds. Switch sides.

3. LATERAL ALTERNATING LUNGE



Step to one side with a long step and sit back onto your glutes. Keep your head and chest forward and bring your hands together in front of your body. Then push off your landing leg and step back to the starting position. Repeat on the other side, then repeat this sequence continuously.

4. PALLOF PRESS WITH FOOT FIRES



Tap your feet up and down quickly and continuously while simultaneously pressing your arms away from your chest and back in. Repeat this motion continuously and turn 180 degrees to the other side and continue.

5. ANTERIOR REACH



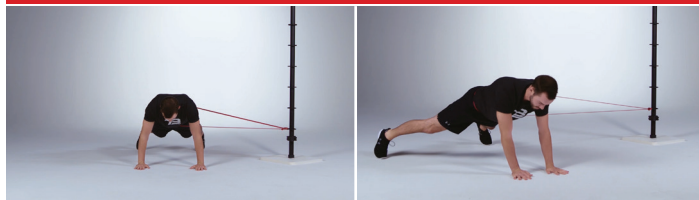
Hinge at your hips, leaning forward with your upper body. Extend your arms over your head and lean until your upper body is parallel to the ground, while elevating and extending your non-plant leg. Return to the starting position, then repeat this motion continuously.

6. REVERSE LUNGE



Step back with one leg and tap the knee on that leg to the ground, then stand back up straight. Repeat this motion continuously on this side, moving at a quick pace with stability. Switch to the other side. Step back with your other leg and tap your knee to the ground, then stand back up. Repeat this motion continuously. Do not lean your upper body forward.

7. WALKING PLANK WITH LATERAL RESISTANCE — LONG LOOPED BAND



Start in a plank position with an anchored looped band around your waist. Walk your hands and feet out three steps laterally, away from the attachment, and then walk back towards it. Turn 180 degrees and repeat this motion on your other side. Be sure to keep your hips level and your head down throughout the movement.

PHASE 4: WEEKS 13-16

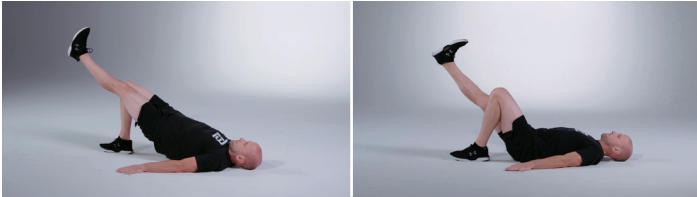
Equipment Required: TB12 Handled Resistance Bands, Long Looped Band, Short Looped Band



FREQUENCY: Performed on the days indicated on your chosen training plan

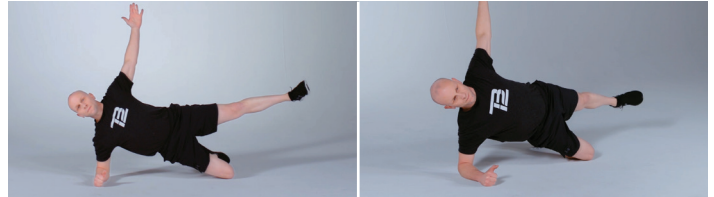
DURATION: Circuit of seven exercises performed three times through, 20-30 seconds each exercise

1. SINGLE LEG GLUTE BRIDGE - NO EQUIPMENT



Start in a seated position on your back, with one leg planted in the ground and the other elevated with a 90-degree bend at the knee. Contract your glutes and core to lift your hips off the ground until they're straight, then lower your hips to the ground. Maintain balance throughout this continuous motion by engaging your core and glutes. Switch legs and continue on the other side.

2. GLUTE MED SIDE PLANK WITH LEG LIFTS (W/ SHORT LOOPED BAND)



Begin with a short looped band above your knees. Lie on your side with your lower knee bent. Lift your upper leg in the air and hold it steady. Hold this position for 10 seconds while contracting your core and glutes. Then lift your upper leg straight up and bring it back down without moving the rest of your body. Repeat this motion continuously and quickly. Switch sides and repeat this motion.

3. HEIDEN HOP



Jump up from your plant leg and land on your other foot. Hold the landing for 1-2 seconds, then jump up and land on your original leg. Repeat this motion continuously. The goal is to stick every landing.

4. PALLOF CORE SHUFFLE WITH ARM ACTION



Tap your feet up and down quickly and continuously while pressing your arms away from your chest and pulling them back in. Repeat this motion continuously. Turn 180 degrees and repeat the same motion on your other side.

5. REVERSE LUNGE WITH STEP UPS



Step back with one leg and tap the knee on that leg to the ground. Then push up with your front leg to stand up and elevate your back knee in the air. Repeat this motion continuously. Switch to the other side. Step back with your other leg and repeat this motion on your other side.

6. STEP-UPS



Push up off your front foot to stand straight up, elevating your other leg in the air. Then step down with your elevated leg. Repeat this motion continuously. Switch sides and step on the box with your other foot. Repeat this motion on your other side. Step up at a quick pace and keep your front knee stable.

7. X PLANK



Begin in a plank position on your hands. Lift your right arm straight up with your elbow fully extended while lifting your left leg, then bring your arm and leg back to the starting position. Then lift your left arm straight up while lifting your right leg, then return to the starting position. Repeat this motion continuously.

HEALTHY PRE-RACE HABITS



HYDRATION:

- ◆ Drink half of your body weight in ounces of water each day. For example, a 150-pound person should drink at least 75 ounces of water per day to ensure adequate hydration.
- ◆ Consume electrolytes every day. Most important times of the day are pre/during/post exercise to better enhance muscle contraction, relaxation, and recovery.



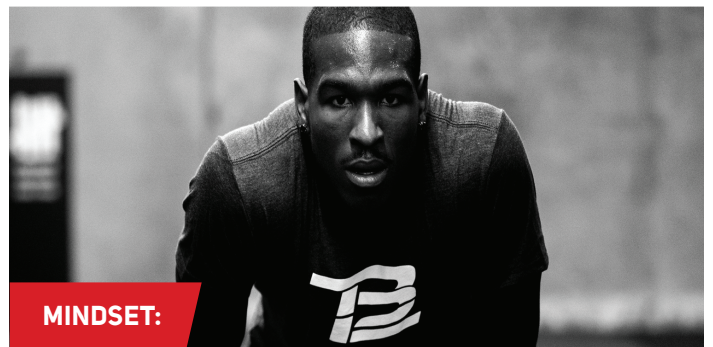
REST AND RECOVERY:

- ◆ Strive for 8 hours of sleep or more per night to ensure that you are adequately rested.
- ◆ Post-performance sleep after workouts and runs accelerates physical recovery from inflammation, stimulates muscle repair, and helps restock cellular energy in the form of glucose and glycogen.
- ◆ Create a pre-sleep routine to relax the brain and body and get into a sleep schedule.
- ◆ Avoid electronic devices 30 min to an hour before bed.



NUTRITION:

- ◆ Focus on an even balance of carbohydrates, essential fats, proteins, and foods with essential vitamins/minerals.
- ◆ Incorporate local, organic vegetables and plant-based proteins as much as possible.
- ◆ Avoid any refined or processed foods.



MINDSET:

Break up this goal segmentally, by week or stage, and move one step at a time. Take time to control the moment in front of you, work hard and invest in this training. Small hiccups may happen along the way, as this is a challenge physically as much as it is mentally.

OWN YOUR GOALS:

Post the training schedule somewhere that you will see it every day. As you achieve your daily goals, cross out the day. Your goals will hold you accountable for what you want to accomplish. Set small goals throughout the week such as mastering an exercise, hitting your mileage under a certain amount of time, hitting your hydration goal, full days of optimal nutrition, etc. Use your goals as a checklist to ensure that you are doing your part on accomplishing what you need to be successful.

LONG RUN DAYS (15 MILES+) AND RACE DAY



ONLY RULE: Avoid introducing something new on race day. Use your long training runs to test different fueling strategies so you know what works come race day. If you're having trouble see a registered dietitian for guidance.



HYDRATION:

KEYS TO SUCCESS:

1. REMEMBER TO HYDRATE EARLY AND OFTEN
2. OVERHYDRATION IS JUST AS DANGEROUS AS DEHYDRATION. MONITOR URINE COLOR: LIGHT (STRAW-COLORED) YELLOW IS IDEAL

PRE EVENT:

Start by drinking 16-20oz of water or a sports beverage (electrolytes + carbohydrates) 4-hours before the run. Then drink 8-12oz of water or a sports beverage 10-15min before the run.

DURING EVENT:

During the race or a long run, drink 3-8oz (3-4 gulps) of water or sports beverage every 15-20 minutes.

POST EVENT:

Drink 16-24 oz of water with electrolytes per pound you lost during the race to combat the increased fluid loss from sweating and perspiration.



NUTRITION:

DAY BEFORE EVENT:

Eat well-balanced meals all day, but add 1-2 more fists of carbohydrates to your plate. Choose foods like potatoes, rice, and pasta.

3-4 HOURS PRE EVENT:

Enjoy a meal higher in carbohydrates and moderate in protein, like a breakfast of oatmeal and greek yogurt with berries. Be sure to choose foods that are low in fat and fiber.

30-60 MINUTES PRE EVENT:

Have one more burst of carbohydrate to pump up your stores of energy. Some good examples are a banana, pretzels, or a sports drink.

DURING RACE:

Aim for 30-60g of a carbohydrate per hour. Some examples include 1-2 handfuls of raisins, 1 banana, or energy gels (1-2 gels/3-6 bloks)

POST-EVENT HABITS:

Replenish. Repair. Rehydrate.

Replenish with carbohydrates. Repair with protein. Rehydrate with water or sports drink Within 60 minutes of the end of the run, consume a combination of carbs and protein – could be a protein shake, or food like greek yogurt with berries and granola. Within the first 3-4 hours after the race, eat a well-balanced meal.

CONGRATULATIONS, YOU'VE COMPLETED A MARATHON! GO CELEBRATE!

ALL OF OUR MARATHON TRAINING
WORKOUTS ARE AVAILABLE NOW IN
THE TB12 MOBILE APP

