

How to train for the London Marathon

PART ONE

With over 25 years' experience running and pacing marathons, Matt Pullen has all the tips and advice you need to get your training off to the best start.



What should I be wearing?

- Keep visible - wear bright colours, especially in the dark
- Keep warm - a hat and gloves is essential in winter
- Look after your feet - get them analysed and make sure you have the best fitting trainers
- Ladies - make sure you have a well-fitted sports bra for comfortable support
- Keep it simple - a high tech running gadget isn't necessary, there are loads of free apps to track your runs on.

What training should I be doing?

- 10K is the magic number - aim to be able to run 10K before starting your main programme
- Don't panic - if you're not quite there yet, you have plenty of time still
- Cross-train - try other forms of exercise to complement your running: yoga, swimming or just going to the gym

How will I do this?!

- Don't be scared - you have plenty of time
- There will be challenges - keep reminding yourself why you are doing this
- Take one run at a time – it's easy to get overwhelmed if you start looking too far ahead

Matt's top tips

- Stay safe - take some sort of ICE (In Case of Emergency) contact with you on every run
- Imagine how proud you'll be, and make friends and family when you cross that finish line - it will keep you going when things get tough
- Book in at least one organised race so you can get used to what it feels like to be at the start line, and to practice your race day preparations

What else should I be thinking of?

- Half marathon - many training programmes prompt you to run a half marathon at the end of February or beginning of March
- Book now - places can go quickly, so it's best to choose a date now and stick to it
- If you don't live in London - book your race night hotel now. Think about location and access to public transport