

# How to train for the London Marathon

PART TWO

**With over 25 years' experience running and pacing marathons, Matt Pullen has all the tips and advice to help you as you start to crank up the mileage.**



## What should my training be looking like?

- Long runs - should be ten miles or more
- Keep it steady - try and aim for the same pace throughout your run so you don't 'burn out' quickly
- Find your marathon pace - use your long runs to settle into your marathon pace i.e. the pace you'll be aiming for on Marathon day

## Matt's top tips

- If you aren't a fan of gels, try dried fruit, nuts or jelly beans
- If you don't like carrying a bottle with you on a run, find some good hiding places along your route and put water bottles there the night before you aim to go out. These could be under a hedge or by a gatepost
- If you miss a run for any reason, don't play catch up - ease yourself back into training and you'll soon be back on track!

## How should I be refuelling?

- After two hours - start to think of refuelling whilst running with gels or shot blocks
- Experiment - try different brands to see what you like and what suits you best
- Water - take a bottle with you on every run and make sure you sip from it regularly

## What about general nutrition?

- After a run - eat something high in protein or carbs within 30 minutes of finishing your run
- Keep to a balanced diet - it will help fuel the longer runs
- You'll need to eat to fuel your training - remember you might need to eat more than you usually do!

## How else can I help my training?

- Stretch - after every run. Don't forget to stretch your arms and shoulders, and not just your legs
- Find a friendly sports therapist - they can ease out any tightness you're feeling and even spot an injury before it becomes a real issue

## What if I get injured or fall ill?

- Injury - don't be scared to rest and see your sports therapist for advice
- Illness - we all pick up colds and viruses over the winter months. If you feel under the weather, don't go for your run and make yourself feel worse