

# How to train for the London Marathon

PART FOUR

**With over 25 years' experience running and pacing marathons, Matt Pullen has all the last minute tips and advice as you approach the Big Day.**



## What can I be doing in the week before the run?

- Take it easy - your long run the week before should be relaxed and no more than ten miles
- Carb load, but don't overload - just keep to usual size portions and don't overfill yourself. You don't want to be carrying extra weight on Marathon day
- Don't change your diet - keep eating your usual foods as you don't want to upset your stomach
- Get some iron-on letters to put your name on your vest

## How can I prepare on Marathon morning?

### Matt's top tips

- Wear old clothes to the start line as you may be waiting for a while until your wave gets going. You can throw these clothes to the side once you warm up - they'll be recycled by the race organisers
- Find an official pacer running at your predicted finish time and stick with them. They're really friendly and will be able to help you when the going gets tough
- Tell your supporters to check out Sarcoma UK's cheering guide for top tips on how best to see you and get around London on the day
- ENJOY YOURSELF! You'll remember this for the rest of your life.

- Don't do anything new - wear clothes you're used to, eat your normal breakfast and stick to your usual pre-run routine.
- Bring a snack to the start line - depending on where you're staying, you might have a two hour break between breakfast and the beginning of the run
- Use Vaseline - to prevent chafing

## I'm at the startline - what next?

- If it's raining - use a bin bag as an anorak
- Use your kit bag - it's useful to put some cash in here for after the run
- Don't rush off - stick to the pace you have been practicing and don't get dragged along by people running alongside you
- Gels - if the race organisers are using a different brand to that you've trained with, make sure you have your own on you
- Don't forget to drink water - use the water stations!

## I've finished!

- Prepare yourself for the finish area - it can take up to 40 minutes to get through this before meeting friends and family
- You'll be drained and possibly emotional - remember to eat something
- Pre-arrange a meeting point - the meeting point is marked out by letters. Choose a letter to meet your family and friends at. The letter Q is unpopular and so is often less busy!