

Essentials for Your Marathon Training:

From 'Coach Lorie' at If The Shoe Fits, Frederick's running specialty store

Several of our staff at IF THE SHOE FITS has marathon experience. We would be happy to help you as you prepare for the Frederick Marathon. We carry a great selection of shoes, apparel, socks, accessories, including energy gels. We provide a free gait analysis and personalized fit for your running shoes.

SHOES:

- Gait analysis will direct you to the proper type running shoe
- Personalized fit will ensure proper size and arch fit.
- Good quality shoes will provide adequate cushioning and excellent arch support

A TRAINING PLAN:

- 18 week training plan includes several 4-6 mile runs and one long run per week; beginners will gradually build to a 20 mile long run
- Three week cycle: build your long run two consecutive weeks, decrease your long run the third week to build in some recovery.
- Do not exceed a weekly 10% increase in distance to prevent injury
- Taper the last two or three weeks before marathon day. Decrease your weekly miles as well as your final long run(s). The last week will consist of short runs and rest prior to Marathon Day.

HYDRATION AND ENERGY REPLENISHMENT:

- Learn to replenish fluids and calories during long runs
- Warmer air temperatures and humidity require more frequent hydration
- Water, sports drinks and energy gels used together will prevent dehydration and provide muscles with fuel.
- Try different brands and flavors of sports drinks and energy gels. Clif Shot Bloks and Jelly sport beans are also available. Determine which products work the best for you

MICRO-FIBERS/RUNNING APPAREL AND SOCKS:

- Micro-fibers breathe and move moisture away from the skin for quick evaporation
- Socks and running apparel made from micro-fibers keep you comfortable as miles increase.

ACCESSORIES:

- Fuel belts to carry water, sports drinks and energy gels for long runs
- Visors, hats, sunglasses to protect from the sun
- Body glide if you experience chaffing

HAPPY AND HEALTHY TRAINING!

