

The Ultimate Marathon Checklist

Peninsula Track Club, Hampton Roads Va.

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Begin	Begin this checklist by obtaining a box that is 18"x 14" and store this in a convenient spot for adding to the checklist and articles needed for the marathon. This way you can have 6 months worth of ideas in a single location. Get your wife or husband to agree not to move it. Post this page on the top of the box.
6-4 months out	Request Race Flyer /race application When flyer arrives, fill out application, make a copy and put in the box.
	When race confirmation postcard arrives add to box
	Begin training by figuring a schedule based on remaining weeks until marathon
	Annotate race date on a calendar (which is added to the box)
	Count backwards 15 weeks from date of race. Mark Date
	Count backwards 3 weeks from date of race Mark Date
	Count backwards 1 week from date of race. Mark Date
	15 weeks represents minimum time to train; last week is taper week
	3 Weeks prior is taper time from longest run of 3 + hours to run of 1 hour.
	Annotate agreed on training dates onto calendar. Refer to when training daily
8 weeks out	Begin hill training, intervals and speed work to get faster based on previous training.
	Long runs should begin to be longer than 1 hour and 30 minutes.
	Have first assessment by attending interval session. Run at least 4 800 meter intervals Last 800 meters is timed
	Have second assessment by attending an interval session. Run at least 6-800 meter intervals. Last 800 meters is timed
	Begin Taper back from longest run you have had. Decrease long runs by 1/2 hour until the week prior to the race you are only running for 1 hour max
1 week out	Begin final taper runs
	Mon 6 miles easy
	Tues 5 miles easy
	Wed 4 miles easy
	Thursday 3 miles easy or travel to marathon location
	Friday off; use this time to familiarize yourself with race start and finish if finish is different from start. Determine where you'll eat. Make reservations because 2000 additional runners will be thinking of the same thing.
	Saturday off, (If you are running in your home town, resist the temptation to do yard work, lift weights, help a friend move, or do a para-course. Rest is very important at this point. Don't neglect your

	nutrition.
	Sunday RACE!
1-2 Days before	This is where being organized counts. At major locations like Boston that is a one-way race starting and finishing in different locations, finding a meeting place for you to meet your support team, wife, etc. is very important. You will appreciate the planning as this will save you steps after your hard effort.
	Attend Sports expo to pickup race packet, buy what you need that you have forgotten
	Drive the course if possible.
	Stake out meeting spots along route and at finish for families and friends. Ensure they understand that other folks will be doing the same and will have the same idea. Brief them on what you'll be wearing, what your expected time will be, and what you'll yell when you get there to clue them to your presence.
	Eat a light meal high in carbs. Easy on alcohol, cheese, ice cream, milk products.
	Lay out clothing at the foot of the bed starting with socks orthotics, shoes, shorts, under garments, singlet, Heart rate monitor, watch, sunglasses, hat and then over garments.
	Get to bed early
	Don't worry if you can't get much sleep! This is normal excitement before the race. It won't affect your running!
Morning of the race	Don clothing.
	Add orthotics, braces, bandages, nose strips, etc. Eat breakfast at least two hours before.
	Choose cereal, pancakes, waffles, juice.
	Drink water to hydrate.
	Go to race venue.
	Obtain a massage if available
	Try to get a bowel movement out of the way before you leave the hotel.
	Find porta-potties at the race venue and used them.
	If corrals are used according to race numbers and times (Boston) find your corral and sit down. Try to relax.
	Save the pacing and jumping for race start. Visualize the race.
Moments before the gun.	Cast off unneeded warm ups. Remember that it took you roughly 6 months to get here and that you are trained. Run your race smartly. Consult your split times. Think about hard areas and your strategy to overcome those obstacles.
	Adjust watch and HRM.
	Adjust shoe laces
	Last minute potty break?
	Mentally prepare for gun.
	Have your Gu? Gatorgel? Powerbars?

Packing Guide: Packing your Marathon Kit Bag in the same box. Gather and put into Marathon box kit throughout the training period:

Two pairs of socks that have been worn and washed	Watch or Chronograph
NEX Care brand water proof bandages for nipples, toes, and on the legs	Vaseline/Body Glide for chafing
Your marathon singlet and shorts for a good day	Breathe Right strips
Your plastic leaf bag or throwaway clothes for a wet, cold, or rainy day	Blister pads, moleskin for mile 20
Hat (knit cap or baseball cap).	Orthotics, braces, Cho-pat bands, ace bandages you'll need for the run
Gloves (white cotton garden gloves washed several times) write your split times here!	Mascots, tokens, messages given to you by friends
Sunglasses.	Your running singlet with your name printed across the front of the shirt. _____
Heart rate Monitor	Compression shorts, tights or running shorts for whatever the weather expected
Open toed sandals for after the race.	Analgesic, Motrin, or Advil for post race aches
Gatorgel, Gu, power Bars or whatever you eat during the race	If you are in the 3:30-5:00 range, consider bringing a Gatorade bottle for drinking on the run
Dry shirt, shorts, warm up suit or pant for post race	Dry Towel
Race Packet and bib number	Sweat band, hand towel, etc to wipe sweat
Map of the course with preplanned meeting spots for handlers, supporters	

Good Luck Runners!