

RUNNER'S EXPERIENCE



2017
is your year!

Perform

Excel

Thrive!

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sports medicine
team at your
local KP facility.*

*Kaiser Permanente
South San Francisco
Run Performance Clinic*

- Video Gait Analysis
 - Core Stability Screen
 - Shoe Fit Check
 - Expert Advice
- Call 650-301-4445 now!*

TEST YOUR MARATHON TRAINING I.Q.

How do you handle common
marathon training "dilemmas"?

Click the following to see our suggestions:

Should I run the day before the race?

Should I race if I am injured?

What should I NOT do during the race?

When can I run again after the race?

What should I do on race morning?

What is the best racing shoe?

What should I eat to prepare for the race?

For information only. Not intended to diagnose or treat any medical problems.

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Q: Should I run the day before the race?

A: *Maybe!*

- A short 2-3 mile run the morning before your marathon can keep you sharp and tuned in for your race. Don't forget your stretch routine to keep your muscles and joints loose.
- If you're afraid of expending too much energy the day before the race, you can skip the run and take it easy, especially if you logged a lot of miles during your training.

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Q: Should I race if I am injured?

A: *Probably not!*

Running with an injury can cause irreversible damage to your muscles, bones, and joints.

- Some people arrive at the expo undecided if they should race the next day because of an ongoing injury.
- If your injury changes the way you run, or if your pain increases during the run, then your race will be very risky and can cause irreversible damage.
- If you get mild pain that improves as you run, you can try starting your race and take it mile by mile. If the pain increases or spreads, or if you start to limp, then you must use good judgement and consider stopping immediately.

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Q: What should I NOT do during the race?

- **DON'T take anti-inflammatory medications for pain.** They can mask pain and can stress out vital organs such as your kidneys.
- **DON'T try new foods while you are racing.** Carry food that you know has worked for you during your training.
- **DON'T exceed your limitations.** If you feel pain, or simply become too tired, listen to your body. Take a few minutes to walk it off, and if this doesn't work, consider stopping to save your body for the next race/challenge.
- **DON'T wear new shoes.** Stick with a familiar, worn pair of shoes that worked for your long runs during your training.

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Q: How many days should I rest after the race?

A: *It all depends...*

- You don't have to take any days off after your marathon. In many cases, staying active could help you recover faster.
- You can walk, swim, or get on a stationary bike as recovery for 1-2 weeks after the marathon.
- If you're up to it, then you can run short, light, and easy, even the day after your race.
- See your sports doctor for personalized advice if:
 - You are having pain throughout your body
 - You have pain over one or more joints
 - Your pain is getting worse day by day
 - You have medical symptoms (blood in stool or urine, etc.)
 - You have any symptoms that concern you.

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Q: What should I do on the morning of the race?

- **Wake up early:** set your alarms for 2-3 hours before your race to allow your body to “wake up” to get ready to run.
- **Eat breakfast:** keep the flow of carbs going by eating a light breakfast consisting of easily digestible foods that have worked for you during your training.
- **Warm up:** 30- 60 minutes before the race, you should walk/stretch/jog to “loosen up” your muscles and joints.
- **Make arrangements to get fresh, dry clothes to the finish line** with either a bag drop or with a friend/family member so that you can change once the race is over.
- **Get to the line “just in time”:** get to the line with enough time to start—this is a day you definitely cannot afford to be late. Avoid getting there too early, though, because standing around and waiting for the race to start can make you cold and stiff or overheated depending on the weather.

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Q: What are the best racing shoes?

A: The shoes that are most comfortable for you!

- Your ideal marathon shoe does not have to be the latest, greatest, or most expensive.
- In general, marathon shoes should fit your feet well, and should feel supportive and cushioned.
- Wear the same pair of shoes that have worked well for you during your long training runs.
- Never wear a shoe for your race that you haven't tried before. Even for familiar shoe models, use shoes that have been worn and broken in for at least a few runs.

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Q: What should I eat to prepare for my race?

A: Eat for energy, recovery, and rebuilding!

After months of training, prepare to get your body race-ready by providing nutritional building blocks to rejuvenate your muscles, bones, and joints so that you are fresh and energized.

- **Eat for energy!** Always remember that above all, you will need energy to power you through your marathons. As the race approaches, add servings of healthy whole grain carbs that will enable you to store fuel for your race.
- **Eat healing foods!** Vitamin and nutrient-dense fruits and veggies will help your body heal and gain strength in the weeks leading to your race. Other foods that can decrease inflammation and could increase healing include ginger, garlic, olive oil, and green tea.
- **Don't forget to drink!** Slowly and consistently top off your fluid storage with electrolyte-balanced drinks. Stay away from sugary drinks and alcohol that will slow you down.

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