

A black and white photograph of a smiling couple at a marathon. The woman is in the foreground, wearing a dark t-shirt and a wristband, with her arm around the man's shoulder. The man is wearing glasses and a beard. They are both looking towards the camera. In the background, other runners and spectators are visible. The image is overlaid with a green diagonal band.

MY 1st MARATHON TRAINING GUIDE

Schneider
Electric
MARATHON DE PARIS



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I / THE MARATHON ADVENTURE

AIM TO BE A FINISHER!

In a few months' time, you're going to be living a new adventure that will take you beyond your limits. The objective? Run 42.195 km on race day and be one of the finishers on this legendary race.

Now it's time to prepare for the challenge! This training guide is just what you need: "My 1st Marathon" is about to reveal its secrets. Physical and mental preparation, different training techniques, tips and tricks you can use during the race... In short, everything you need to know to be ready to cross the finish line on the big day!

MOTIVATION AND SELF-CONFIDENCE

Seen from afar, it might look a bit daunting! You're wondering about your physical strength or your motivation. What's more important? Self-confidence! Step by step, day by day, your task is to motivate yourself to tackle your own personal Everest. And keep moving onwards and upwards!

PLENTY OF SUPPORT

To reach your end goal, you need the support of others! Although they won't be crossing the finish line with you, you should include your friends, colleagues and family in your preparation. You can talk to them about motivation, your training and so on. They are your best support throughout this adventure.

ENJOYMENT ABOVE ALL

Always remember: you're there to have fun! Running is a very good way of relaxing, getting some fresh air, enjoying nature or even becoming a calmer person. Even if you're not a pro, people like the challenge of a marathon!



42,195 KM AND NOT A METRE MORE!

1896, Athens: the first Olympic Games in the modern era featuring an endurance race between the Athens and the city of Marathon, over 40 km away. And so the marathon was born! 1908, London: King Edward VII wanted the runners to depart from Windsor Castle and run to the Olympic Stadium in London. The distance? 42.195 km This exact distance has since remained in the annals of sport.

2/ GLOSSARY

LET'S START WITH SOME USEFUL WORDS AND CONCEPTS

PACE

This is your average time for running a distance of 1 km. You run 10 km in one hour? Your average pace is therefore 6 minutes per kilometre.

ANTI-CHAFING CREAM

For blister prevention! It protects the skin against chafing on the feet, torso, underarms and crotch. It has a lubricant effect that limits chafing and irritations.

INTERVAL TRAINING

A training method that consists of alternating periods of running at high-intensity with periods of recovery. Interval training improves physical progress. It is often done on a running track.

CROSS TRAINING

This involves integrating other sports into the preparation (swimming, cycling, gym, etc.) The objective? Avoiding the impact of each stride, working on different muscles and protecting yourself from certain injuries.

FARTLEK

Swedish word for «speed play». An outdoor running exercise to work on speed and strength at variable distances and pace.

FINISHER

The Holy Grail! Finisher is the word for all those who reach the finish line. Each finisher receives a medal and a T-shirt with the word FINISHER in capital letters.

JOGGING (OR BASIC ENDURANCE)

Low-intensity running speed for working on endurance. When jogging, breathing comes easily and muscular fatigue is low intensity. You should be able to keep up a conversation while running.

ENERGY GEL

During an intense effort, consume this gel as a quick energy source. How does it work? The contents are rapidly absorbed by the muscles while exercising!

GLYCOGEN

This is the form of glucose (sugars) stored in the muscles and the liver: it is one of the fuels used during exercise. It is the tank from where muscles draw some of their energy!

30-KM WALL

A known physical phenomena also called «the 30-km wall”. After a certain level of effort, glycogen stores may well run out. That means there’s no more fuel for the muscles.

PB

Personal best -an abbreviation for the best time you’ve recorded over a given distance.

STARTING AREA

To avoid too much crowding at the start (and at the finish!) runners don’t all leave at the same time. The race starts in waves, at predefined times.

MAXIMAL AEROBIC SPEED (MAS)

The speed at which your consumption of oxygen reaches its maximum. On average, you can only last for 4 to 8 minutes at this continuous speed!



37 %

OF COMPETITORS
CROSSED THE FINISH
LINE IN OVER 4½
HOURS IN 2017

TIME

4 : 30

3/ THE MARATHON RUNNER'S KIT



RUNNING SHOES

The sinews of war! The choice of shoes is very important: you need to find the right fit for you by trying different models while training. Comfort should be high on your list. On race day, it goes without saying that you should avoid new shoes!



SOCKS

Socks should hug your feet, shouldn't be too smooth and should provide good support for your feet and ankles. The right socks = no blisters!



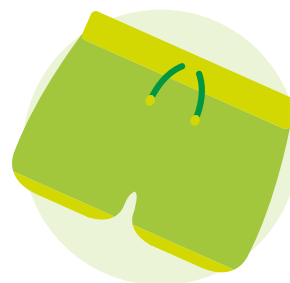
BELT WITH WATER BOTTLE HOLDER

Every marathon runner's best friend for staying hydrated throughout the race! Make sure you try it out when you're training!



RACE NUMBER

The only proof that you have registered for the race. To be collected in plenty of time before the start and to be pinned to your chest during the race.



CLOTHES

Your running kit should be comfortable and the right fit for you. Synthetic fabrics are recommended, cotton is unsuitable when soaked in sweat!



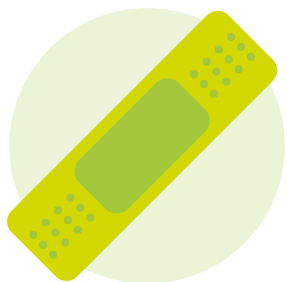
MUSIC

Everyone has their own little tricks, but lots of people prepare a playlist of energising music for the marathon. A good way to give yourself a boost!



ANTI-CHAFING CREAM

To be applied generously to your armpits and, if necessary, your crotch before the start to avoid irritations.



PLASTERS

Here's a tip for men to ensure you don't finish the race with sore nipples! Small plasters will protect them from chafing from your T-shirt.



4/ MARATHON: MINDSET

AND A GOOD DOSE OF HUMILITY!

You're going to run a distance of over 40 km. A challenge that will require you to dig deep inside yourself. And for that, you need humility in spades.

You'll be competing against yourself and won't be able to rest on your laurels. The race is there ahead of you: are you ready to take on the challenge?

ENJOYING THE CHALLENGE...

Your first marathon is always an **intense and unique** moment which requires physical and mental preparation!

The strength to stick to your objectives and have the staying power on race day.

Your first marathon is also an opportunity to analyse your "bad habits». Several months before the race, you should be extra **vigilant** about what you eat, how you sleep and also your level of stress.

In other words, you should take a holistic approach alongside your regular training.



... AND THE TRAINING!

The best preparation is to draw up a 10-12 week training plan. This is a long enough period of time for the body to tolerate progressively greater workloads.

In the field, everyone is his or her own coach. You should be as organised as possible to make sure that you're ready to go on race day.

5/ WATER, THE NO. 1 ELEMENT

DAILY

On average, a person should drink at least 35 ml of water per kilogram of weight every day. Based on that calculation, a person who weighs 75 kg should drink at least 2.6 l of water a day!

DURING TRAINING

During exercise, the calculation is different: a sportsperson should drink 500 to 800 ml per hour. For a two-hour run, plan to drink a total of almost 1.6 l of water. And keep yourself hydrated with small and regular quantities: 3-4 mouthfuls every 20-25 minutes for example. Don't drink it all in one go!

AFTER TRAINING

Once you've finished exercising, the body continues to lose water to return to the correct temperature. So once again, make sure you gradually drink around three litres of water in the hours after taking exercise.

As a general rule, you should never wait until you are thirsty. Once you feel thirsty, that means that your body has lost 1% of its weight in water – and more than 10% of its physical and mental capacities!



DRINK

DURING THE RACE, DON'T MISS
ANY LIQUID FEEDING STATION.
EVEN THE FIRST ONE!

6/ THE RIGHT NUTRITION FOR MARATHON RUNNERS

DISCOVER ALL
THE NUTRITIONAL
GUIDES ON
OUR SITE

BEFORE THE MARATHON

Food alone doesn't help you to «win» the race. However, it can make you lose it. Optimising your nutrition can reduce the risk of injuries in the form of inflammations like tendinitis, muscular problems (strains and tears) or bone problems (fatigue fractures).

Prior to the competition, go on a long run (2 hours or more of vigorous exercise) and test the best way of keeping hydrated and taking food on board. Also make sure that you test solid foods of the kind available at feeding stations (dried fruit, cake, bananas, oranges) before race day to see how your body reacts. One piece of advice: Chew the food well!

Three days before the marathon, eat mainly carbohydrates, fats and proteins to optimise your glycogen stores.

RACE DAY

It is important to schedule the time of your last meal based on your start time for the marathon. Ideally, you should always consume all forms of carbohydrate (gel, jelly sweets, fruit purée) with water to absorb them better.

But don't overdo it: if you eat too much, this could speed up your bowel movements and cause a hypoglycaemic reaction.

Most of all, don't reduce your consumption of water before the start: you need to plan ahead for the effort to come! During the race, try to drink lukewarm water. If it is too cold, you can always swill it around your mouth for a few seconds to avoid gut problems.

AFTER THE MARATHON

Half an hour after the race, the body is already starting to recover. It builds its energy stores back up and repairs damaged muscle fibres. To optimise recovery, you should drink water that is high in mineral salts and choose energy foods that are easy to absorb (a small drinking yoghurt for example).

Watch out for muscle wastage!

Honing your muscles is fine. But not to the detriment of muscle mass! The fuel used for exercise (or glycogen) is mainly contained in the muscles. Without this muscle mass, you would not be able to endure long periods of exercise. **So by all means hone your muscles but don't forget to eat proteins!**

7/ OBJECTIVE: TAPERING !

To help you ensure that you have balanced nutrition, here is a chart that you can use as a guide while you are preparing. It's based on a simple principle: Try to tick all the boxes during your training! Start by ticking all the statements that apply to your current habits. If you set yourself 4 to 5 new objectives per month, you should be close to 100% just before the race!

HYDRATION



Drink at least 2 litres of water per day +500 ml for every hour of exercise.

Stop drinking sugary drinks (soda, hot sugary drinks from vending machines, fruit juices, cordials).

Stop drinking alcohol.

Reduce consumption of sparkling water that contains mineral salts (except for after sessions of over 1 1/2 hours).

ON A DAILY BASIS

NEVER skip the 3 main meals.

If you want a snack, eat the piece of fresh fruit or dairy product that you had planned for the following meal.

A meal should last at least 20 minutes, which is the time required to feel full. Include a starter (soup for example).

CEREAL PRODUCTS

Consume mostly wholemeal cereal products: pasta, rice, bulgur, wheat, wholemeal bread, sourdough bread, granary loaf.

In the evening, eat half as many cereal products unless you're planning a long session of over 1 1/2 hours the next day.

You should always have more vegetables than starchy foods on your plate.

Don't eat bread and starchy foods at the same meal. Always eat a cereal product, which is what provides fuel.

Even at breakfast time, avoid crackers and French toast which don't fill you up for long.

OBJECTIVE: TAPERING!

Eat muesli with no added sugar (with nuts and dried fruits or chocolate chips) rather than sugary processed cereals.

BALANCE YOUR MEALS

Keep your muscles in shape by eating one source of protein at every meal: low-fat cooked or cold meat, fish, eggs, shellfish, pulses (lentils, kidney beans, chickpeas), quinoa, tofu etc.

Eat raw fruit and vegetables to get your required vitamin and antioxidant intake.

Add a starter of raw vegetables if your main dish has no vegetables.

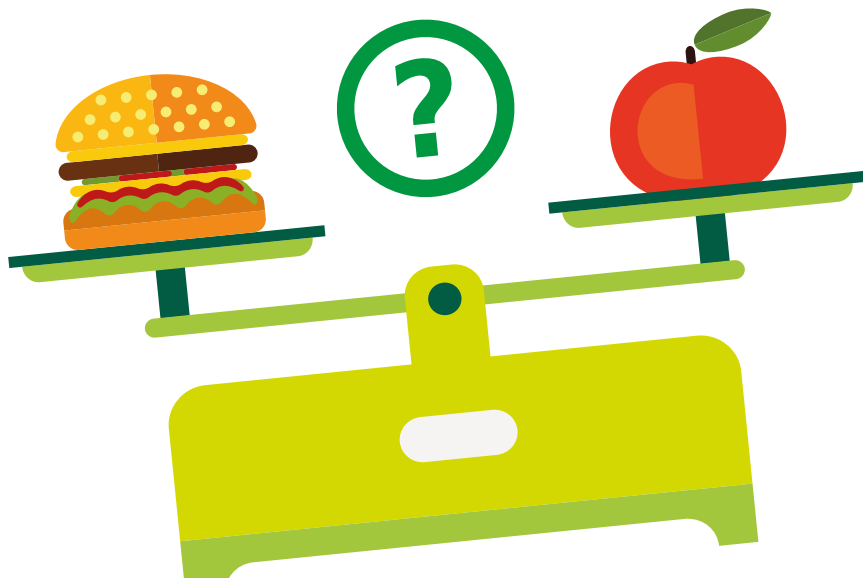
Eat one natural dairy product (semi-skimmed or soya) per meal (i.e. three times a day).

Ideally, it can be your post-exercise snack.

Eat a portion of cheese (mozzarella, grated gruyere, feta or camembert) no more than once every two days to replace your dairy product.

Eat a portion of fresh fruit per meal (i.e. three times a day).

Replace cream, butter and fried foods in your main meals with a tablespoon of oil (rapeseed or olive) per meal.



8/ HOW TO TRAIN

FIND OUR DETAILED
TRAINING PLANS
ON OUR WEBSITE

A BALANCED SCHEDULE

Running a marathon for the first time is a major investment. It's not impossible of course, but you should plan for a minimum of 3 training sessions per week. So you need to be organised!

The key point? Set yourself interim objectives... And stick to them! Our "My First Marathon" training plans have been specially prepared to accompany each one of you.

REGULAR TRAINING

Don't just train at weekends. Your weekly mileage should be evenly distributed throughout the week.

Listen to your body! If you are really tired or feel unwell, give yourself a rest day. If you have recurrent pain, check that it's not a sign that you're incubating an injury.

PACE FUNDAMENTALS

GENERALLY SPEAKING, IT IS ESTIMATED THAT PACE DROPS ON AVERAGE 1 KM/H FROM HALF-MARATHON TO MARATHON LEVEL. IF YOU'RE USED TO RUNNING AT 12 KM/H IN A HALF-MARATHON, YOU SHOULD AIM FOR A RESPECTABLE 11 KM/H IN A MARATHON!

HELLO DOCTOR?

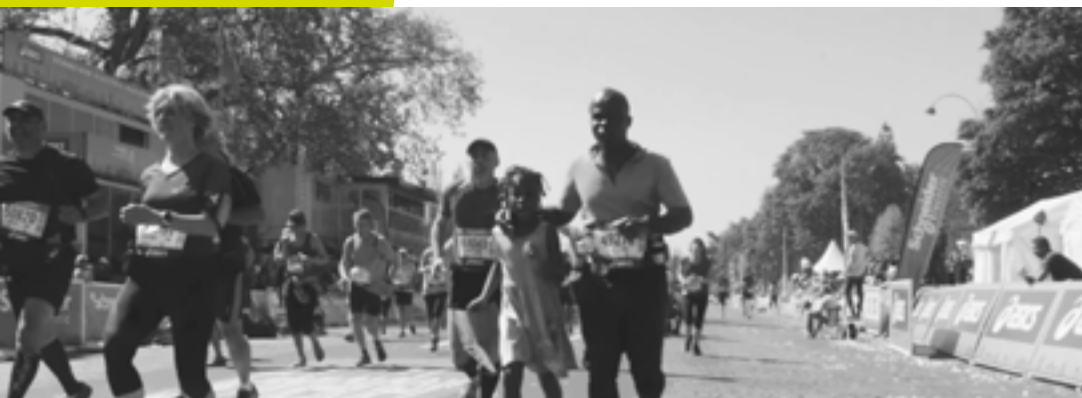
When you collect your race number, you need to produce a medical certificate certifying that you can take part in a competitive running event . Keep your GP informed of your plans and your training schedule.

For runners over 40, we also advise an exercise test and making an appointment with a sports physiotherapist to check that there are no pre-existing muscular or tendon problems.

9/ THEY'RE KEEN!

«You have to listen to your body. I must have spent more time thinking about the marathon than physically preparing for it, but I've maintained my fitness levels and my enthusiasm for running.»

Alexandre, Jouanito blog



«I really wanted to stop but I thought of my two daughters. They had to see me crossing the finish line. It was a matter of pride.»

Jéel, marathon runner

FIND THE
COMMUNITY
ON FACEBOOK



“My friends recorded themselves cheering me on and I listen to it on repeat during the race!”

Marine, marathon runner

«I'm not nervous at the start of a race, just excited and keen to enjoy every kilometre.»

Alexandre, Jouanito blog

«When the going gets tough, I think about the other times that I wanted to give up and when it turned out okay in the end.»

Marie, Graine de Sportive blog

10/ THE KEYS TO SUCCESS

TRAINING STEP-BY-STEP

Consistency is your best friend! During your weeks of training, you'll have some periods of intense pleasure and the impression that you're a superhero! But sometimes you'll also have a feeling of weariness, even doubt. Stay as consistent as you can with your training during these few weeks, try not to cancel planned sessions and try to continue progressing day after day...

AND INCREASING THE INTENSITY!

The body will get used to the pace of training and will progress. It will go further and further and be able to withstand more exercise. But make sure you don't skip any of the stages! You should follow the training plan you have set yourself to the letter, including the distances and the pace that you have planned to run.

4H 41MIN 26SEC

THAT'S THE AVERAGE TIME
FOR THE 2017 MARATHON



WHAT IS BASIC SPEED?

WHEN YOU ARE TRAINING, MEMORISE THE RHYTHM OF YOUR MARATHON PACE AS MUCH AS YOU CAN. THIS RHYTHM IS OFTEN SIMILAR TO YOUR JOGGING RHYTHM IN BASIC ENDURANCE TRAINING WHEN YOU ARE STARTING OUT. IT IS WHEN YOU FEEL COMFORTABLE WITH THE EFFORT YOU ARE MAKING. THE BASIC SPEED THAT YOU WILL ADOPT FOR SEVERAL HOURS ON RACE DAY!

11/ THE 3 TYPES OF SESSIONS

THE LONG OUTING

THE BASICS

The long outing works on endurance. It teaches you how to keep up the effort over a long period of time. It helps you prepare to run for over 4 hours. How do you reach that stage? Set aside long periods over the weekend. You can even invite friends of a similar level to join you in your sessions!



3 OUTINGS A WEEK
ARE ENOUGH
TO TRAIN CORRECTLY

THE BENEFITS

- The long outing helps you memorise the pace at which you feel extremely comfortable and can keep up over a period of time. When you are preparing your first marathon, you need to use this session to identify your comfort speed. A speed at which running becomes easy and you can have a conversation while running without being too out of breath.
- What counts is being able to run over a long period of time. Over the sessions, you'll feel more comfortable and increase your endurance. Your pace will naturally improve.
- Gradually increase the duration of your long outing by noting down the duration of each session and progressively increasing it week on week.
- Long sessions are used to test equipment, shoes, clothes and nutrition. It's never too soon to develop good habits to make sure you're ready for race day. Always remind yourself that you need to plan ahead and you should never test anything on race day.

WATCH THE DURATION!

During your training, don't try to run the same time objective as you have for race day. You run the risk of physical overexertion and injuries.

Even for a marathon with a time objective of over 4 hours, you don't need to run for more than 3 hours during your long outings.

What's important is taking into account your overall weekly mileage, not the distance covered in a single outing!

12/ THE 3 TYPES OF SESSIONS

JOGGING

THE BASICS

Jogging for basic endurance is, like the long outing, a key session in the training plan. Lasting from 45 minutes to 1 1/4 hours, it is low-intensity exercise that helps improve endurance but also recovery from more intense sessions.

THE BENEFITS

- Jogging is easy to slip into your weekly training plans.
- It helps improve cardiovascular and muscular endurance.
- You can go jogging once a week on an empty stomach (for no more than 1 hour) to hone your muscles, but mostly to get your body used to accessing its energy stores at the end of the marathon.



13/ THE 3 TYPES OF SESSIONS

INTERVAL TRAINING

THE BASICS

This is a training session involving repetition over several distances at different intensities with fixed recovery times. In other words, a well-organised training session that alternates between running and recovery periods. It helps develop cardiovascular capacity, perfect running techniques and save energy. So it's an obligatory part of training for a marathon that takes you out of your comfort zone and requires you to memorise different running paces!

A FEW PRECAUTIONS TO TAKE

Runners over 40 are recommended to take exercise tests before beginning a sustained interval training programme. Avoid doing two sessions of interval training on two consecutive days. Closely follow a balanced training plan with a variety of long outings, jogging and interval training.

THE BENEFITS

- Interval training sessions push you to work on different types of pace. This improves your physical capacities.
- Interval training also makes your movements and your technique more efficient, and helps save energy.



14/ 4 EXAMPLES OF INTERVAL TRAINING

4 DIFFERENT SESSIONS

THE 30/30

This is the most basic technique of interval training. It consists of a repetition of sequences: 30 seconds quickly, 30 seconds slowly (trotting rather than walking), with the advantage that this can be done on all types of terrain. Beginners should do ten 30/30 repetitions before considering longer durations (and therefore distances).

THE 10 X 400 M

This classic interval training session requires careful management of repetitions. Do 400m fast then trot for 200 m before starting again. Try to keep the same rhythm in the 400 m of high intensity as in the 200 m of recovery.



THE 6 X 1,000 M

A demanding session that requires a minimum of experience. It can be designed as two separate blocks (2 x 3 x 1,000 m) with a 2-minute recovery period between each 1,000 m, and 4 minutes between the two blocks.

To save energy and make sure you reach the end of the session, hold back on the first three sequences.

Don't be surprised if you struggle. Everyone does!

THE 3 X 10 M

This is long interval training. This kind of work is done at the pace closest to a 10k race pace. It teaches you how to manage a higher pace than the one used in endurance sessions and therefore how to go on longer at sustained intensity. Recovery is at least 3 mins trotting slowly. If you are extremely tired or out of breath, it's best to slow down or cut the session short.



15/ SOME VARIATION: CROSS TRAINING

THE BASICS

Cross training consists of replacing or adding to the training plan by doing a sport other than running. Swimming, cycling, cardio sessions in the gym, weightlifting. Although not specific to running, they are complementary. Cross training can be particularly useful, especially for runners prone to injuries (tendinitis, etc.) who could do an endurance session on a bike or in a pool and avoid the muscular and tendon impact of feet landing on the ground.



THE BENEFITS

- Cross training gives you a break and helps you escape the monotony of training.
- Doing a different physical activity optimises recovery from some of the sessions.
- One definite benefit of alternating between sports is that the volume of training can be slightly increased.
- As the body is not working in the same way, cross training strengthens muscles that are a little neglected in running.
- Another important point is that variety can also help reduce the risk of injury.

KEEP IT BALANCED!

You can't prepare for a marathon by doing all your sessions on a bike or in a pool. The best way of preparing for running is still... running! Running should therefore be the main sport in your training plan.

16/ GOOD HABITS

RESTORATIVE SLEEP

Preparing a marathon is tiring and the body takes a battering. As far as possible, make sure you sleep well every night. Why? To replenish your energy stores but also to repair tissue damaged during training.

Lack of sleep doubles the risk of injury and quadruples the risk of catching a cold or sore throat. Don't trifle with your health.

And just to remind you, a good night's sleep is at least 8 hours!

FIND THE RIGHT BALANCE

Even if you're extremely motivated, always respect your body. Under no circumstances, for example, should you neglect the recovery phases.

Every 4 weeks, you should give yourself a "light" week with shorter distances. And on rest days, make sure you take your foot off the gas. It's an opportunity for your body to properly absorb the effort it made during training.

Finally, instead of doing session after session, think about varying the pleasure with other endurance sports like swimming or cycling!



300 KG

THIS IS THE WEIGHT THAT THE JOINTS OF A 75-KG RUNNER SUPPORT WITH EVERY STRIDE, 4 TIMES THE TOTAL BODY WEIGHT

AND ON YOUR PLATE?

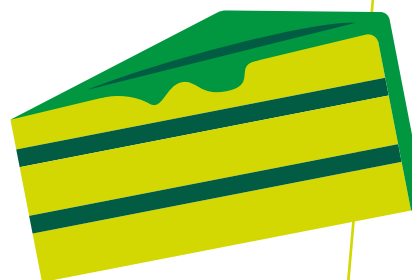
Make the most of your marathon adventure to review your eating habits. Don't forget: your performance will directly depend on the quality of your «fuel».

Balanced meals should include proteins, carbohydrates and lipids well distributed between your dishes and meals. Sufficient hydration every day (2 l) and more on training days and as race day approaches. Obviously avoid excessive alcohol as well as caffeine and energy drinks. If at any time you feel extremely tired, take a blood test to check for deficiencies.

AND ON YOUR PLATE?

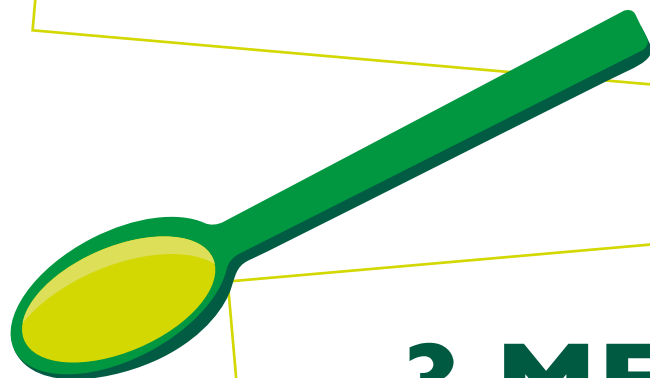
1 TABLESPOON OF OIL

AT EVERY MEAL. REPLACE CREAM,
BUTTER AND FRIED FOODS WITH
OLIVE OR RAPESEED OIL.



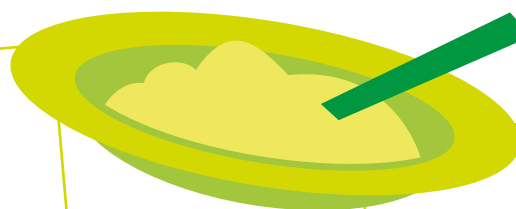
3 LITTLE TREATS

BISCUITS, SAVOURY SNACKS,
CHIPS, SLICE OF CAKE, A FESTIVE
DRINK... ALLOW YOURSELF
3 OF THESE PER WEEK, BUT NO
MORE!



3 MEALS

DURING ALL YOUR
TRAINING AND AFTER
THE MARATHON, DON'T
SKIP ANY OF THE 3 MAIN
MEALS



20 MIN

IS THE MINIMUM TIME
TAKEN TO EAT A MEAL
TO FEEL FULL UP.

17/ D-7!

D-7

Every day before the race, drink 2 to 3 litres of water. Respect mealtimes.

Don't try out any new recipes a few days before the marathon:

Eat healthy, simple food.

D-3

Boost your glycogen stores by eating slow sugars and proteins. But don't overdo the pasta and rice!

D-2

A short 20 to 30 minute run just to keep fitness levels up, but no longer!

Rest rather than tire yourself out.

Work out where the exact meeting point is and how you are going to get there.

D-1

Choose your race clothing according to the weather. Also pack something to protect yourself against the cold before the start.

Water only! Don't go anywhere without your small bottle of water, and drink a few mouthfuls every hour. Your urine should remain transparent.

Relax and avoid stressful situations. What is the ideal programme? An afternoon chilling out at home, including a nap.



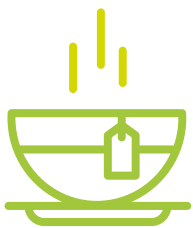
FINISH

97%

THE PERCENTAGE OF
FINISHERS IN 2017



18/ CHECKLIST ON RACE DAY



1. A BALANCED BREAKFAST

Eat what you usually eat, don't get carried away! Don't complicate matters, you just need to replenish your energy stocks.



2. PAY ATTENTION TO SENSITIVE ZONES

Plasters in a cross shape on nipples, a good layer of anti-chafing cream in the armpits. And pay particular attention to the inner thighs. Whatever you do, don't damage this soft skin!



3. DOUBLE OR TRIPLE?

Tighten your laces well, of course, but be careful not to over-tighten because your feet swell during exercise. You choose whether to go for a double or triple knot.



4. BE ON TIME

Or rather at least 20 minutes before the start. Head to the allocated start wave for your particular time objective and warm up while listening to music.



5. ENJOY AND HAVE FUN

Don't forget, you're also there to have a good time! In a few hours, you'll be a finisher!

BREAKFAST

AVOID

Too much coffee or fruit juice.
Processed foods.
Over-fatty foods.
Overdoing it with the sugary cereal
Dairy products if intolerant

PREFER

Energy cakes.
Wholemeal bread.
Natural muesli.
Green tea.
Water.

19/ DURING THE RACE

During the race, **don't wait to feel thirsty before hydrating** (especially when the outside temperature is high). Favour small regular mouthfuls throughout the race rather than large quantities that can cause you gut problems.

Once you've finished the bottle, discard it in a designated container. Pour any remaining liquid on the ground so that the bottle can be recycled.

Pacemaker or not, a matter of individual choice. A pacemaker can be a great help for managing your race, but you should also stay clear-headed and focused on how you're feeling.

Don't start too fast to avoid uselessly wasting energy. Don't forget: seconds gained in the first few kilometres can pay off in minutes at the finish line. Starting off too fast is never a good strategy.

A light warm-up to wake up your muscles is enough, because the first few kilometres also act as a warm-up.

On race day, it's too late to test products like energy gel. You should work out your own individual nutrition strategy beforehand, during training sessions and long outings.

At a first marathon, **you tend to focus on the objective of finishing** rather than a particular time objective. Finisher or nothing!

Every 5 km, there are feeding stations with water, vitamin drinks, fresh fruit and dried fruit. **Drink from the very first feeding station** to prevent dehydration and cramp at the end of the race.



20/ AFTER THE MARATHON

JUST AFTER THE RACE

Eat bananas, energy bars and food with a low glycaemic index like wholemeal bread, pasta and rice to replenish your glycogen stores. Continue drinking water throughout the day.

D+1 TO D+3

This is your recovery time! Take it easy with the exercise. Rest and a balanced diet. Unrefined sugars and proteins like white meat, fish and eggs can help repair your muscle fibres.

D+10

After a period of 7 to 10 days, you could go out for your first jog! First of all, trot very slowly for no more than 5 km. If you feel any abnormal pain, stop immediately! Head to the physio for advice.

D+1 TO D+14

Aches and pains after a marathon can last up to two weeks! Walking can help eliminate toxins. And carry on with good habits like sleeping at least 8 hours a night.



NOW IT'S OVER TO YOU...

PREPARE WELL!



VISIT

www.schneiderelectricparismarathon.com

and **facebook.com/parismarathon**