FAQS From First Time Marathoners

Real runner answers to the 10 most common first marathon questions

1. **How long should I train?**
Give yourself 4–6 months to build base mileage before starting a 16–20 week plan.

2. **Longest run before race day?**
Peak around 18–22 miles. Don’t run the full 26.2 until race day.

3. **Which training plan is best?**
Try a free plan, app like Run With Hal, or hire a coach if possible. Each has pros and cons.

4. **How do I fuel during long runs?**
Sip water every 15 minutes, take carbs and/or electrolytes every 30. Start testing early on in training.

5. **How long should I taper?**
Two weeks is the sweet spot—enough to recover without getting stale.

6. **How do I pace my first marathon?**
Use the 10-10-10K method: warmup, cruise, then race the last 10K.

7. **What’s the Galloway Method?**
Run-walk intervals that help with pacing and recovery—lots of runners love it.

8. **What should I do the few days leading up to race day?**
No new gear or food. Stick with what you've trained with. Stay off your feet when you can.

9. **Should I strength train?**
Yes! Just 1–2 days a week makes a difference. Cross-train with activities you enjoy.

10. **How do I stay motivated?**
Not every run will be fun. Know your why. Those tough runs will carry you on race day.

Want the full breakdown with real runner advice? → Read it here!