



SURVIVE YOUR FIRST MARATHON

**FIVE THINGS I WISH SOMEBODY WOULD HAVE TOLD ME BEFORE
RUNNING MY OWN FIRST MARATHON.**

1.

FUEL EARLY, FUEL OFTEN, AND FUEL WITH VARIETY.

There's going to be a point in your race where you don't want to take another gel. That's usually flavor fatigue or texture fatigue, not a sign to stop. Don't wait until you feel like you need fuel to take it, and don't let flavor fatigue talk you out of fueling through the back half. Rotate flavors, brands, and textures in training so you've always got something to reach for on race day.

2.

RESPECT YOUR EASY PACE.

Easy runs aren't just building your fitness, they're building your tolerance for chaos. The more reps you get holding yourself back, the less crowds, weather, or race day adrenaline will hijack your pace. Be present on those runs now. Think of it as training your discipline, not just your legs.

3.

YOU ONLY GET THIS EXPERIENCE ONCE.

It's easy to put all your focus on race day and breeze right past the training itself. You never know what's going to happen out there, so the only thing you actually control right now is the work. Enjoy it. Appreciate the mileage you're putting down each week, because you only get to train for your first marathon one time.

4.

BAD RUNS ARE INFORMATION, NOT VERDICTS.

A rough run doesn't mean you can't run a marathon. It means you're getting practice at pushing through something hard, and that's exactly what will carry you when the marathon itself gets tough. The worst runs in training are actually doing you a favor.

5.

THE WIN IS JUST STARTING.

Most runners don't want to head out for every training run, and that's normal. But you're not going to regret finishing one. Even on the days it's hard, put the shoes on and get out the door. You'll never regret the day you showed up, only the days you didn't try.

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