

During and after the race

During

- Go at your own pace – do not start too quickly. Ignore how fast everyone else is running
- Make sure you drink enough water during the race. The recommended amount is 150-250 mls every 20 minutes. However do not force drinking water on yourself. Only drink when you feel you need it.
- Watch out for potholes and kerbs when running
- If you experience a stitch slow down start walking and massage the sore area with the palm of your hand. Resume running once the pain has gone
- If you see someone struggling give them some words of encouragement to keep going. Likewise if you are struggling, visualise yourself finishing the finishing line and this will motivate you to keep going.

After

- Try not to sit down or relax when you cross the line. Instead, walk around for a few minutes. If you sit, your muscles may go into shock from doing so much running to doing nothing and you may not be able to get back up for a while.
- Drink plenty of fluid after the race. You will have lost a lot during the race so it is vital to replenish those fluids.
- Shower. Do not take a bath. This only prolongs your recovery.
- Rest. Take plenty of rest for at least 5 - 6 days after the race.
- Celebrate! You have just finished your first marathon and should be proud of your achievement.