

Clothes	Accessories	Skincare
Shorts	GPS Watch	Lip balm
Vests	Or GPS tracker (phone) + Armband	Body glide / Vaseline
Tights	Water/Gel belt	Nipple plasters & zinc oxide tape
Gloves	Gel Belt	Sun lotion
Long sleeve T-shirts	Sunglasses	Anti-inflammatory gel
Skins	Hi-viz	Blister plasters
Socks (X-Socks)	Nutrition	
Trainers (x2 pairs – mark them!)	Vitamins	
Windproof / rain-resistant jacket	Electrolyte drink	
Hat	Energy gels	
Compression calf tights	Protein shake	

- Marathon training schedules never align with the weather, so you need to be prepared for anything, especially if aiming for a Spring marathon like Manchester that requires you to train in the winter but race day might carry the risk of sunburn. Common sense layering is needed. You can always remove a layer and tie it around your waist, but you cannot magic up an extra top while out on a run and running too cold carries the risk of injury.
- Avoid basic cotton t-shirts which fill up with sweat very quickly which on longer runs will rub you till you literally bleed.
- Socks - just bite the bullet and go with x-socks!
- Cheap jackets are windproof. Expensive jackets are windproof and water resistant. Jackets that allow you to disperse sweat (“breath”) effectively as well as keeping out the rain completely do not exist. The more you pay, the better they are. I go with Ron Hill but they're £100+ ☹️
- In high winds or bright sunshine, protect your eyes with sunglasses
- If something is rubbing for 3+ hours, it’s going to get painful. Rubbing might be from clothing rubbing on skin, or skin chafing on skin. I use Vaseline where seamed areas of clothing rub the skin and on inner biceps, chest, shoulders and inner thighs
- Men's nipples will suffer unless your top is very smooth (eg a skin). If it’s raining, even a smooth top will fail you. Get plasters on your nipples if running a long time in the rain – I secure mine with zinc oxide tape. Don’t put zinc oxide tape directly on your nipples – you will pull them off!! 😊
- Make sure you use the same kit in training as you will use on marathon day
- Take multi-vitamins daily from now on and drink 4 pints of water every day
- The lighter you weigh on marathon day the easier the task will be – watch your calories ☺️
- Never miss a training run unless you are injured – it will definitely bite you on the bum on marathon day!
- Take one run at a time, relax, smile to yourself and be incredibly proud of who you are and what you’re doing.

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1. Listen to your body - it helps you judge what you should do, it sends pain signals as a warning to say do not run! Listen to the signals and act accordingly and quickly. Any pain whatsoever do NOT run, it will then allow you to recover quickly. If you run with pain, you can risk tearing a muscle or even fracturing a bone.
2. A newer runner (less than 2 years) who is increasing distance may choose to rest a day for every mile **raced** before vigorous exercise, that's 2 weeks for a half marathon.
3. Newer runners shouldn't **race** more than once a month and definitely not race week after week. Alternatively, you should run gently in an event if you are entering multiple races.
4. Increase your total weekly mileage by no more than 10% e.g. don't jump from 10 miles one week to 25 the next week, build up gradually.
5. If you intend to run in excess of 10km; follow a plan so you are in control of your mileage rather than random training.
6. Rest days are absolutely vital after races. The word 'recovery run' is really for experienced runners, a race stretches you and results in micro tearing of muscles, let them knit back together first and foremost. Experienced runners can assess muscle fatigue and relieve it with a slow run, newer runners tend to have one pace they run at.
7. Once injured rest until there is absolutely no pain or feeling of injury, this is for as long as it takes. If you can, see a sports physio for a diagnosis and recovery plan.
8. Once injury strikes swim, change your goals to increasing respiratory fitness and take time off the legs.
9. Always perform 6 basic stretches after completing every run, stretch each leg on calves, quads and hamstrings. Try to do them alone to get used to not relying on a somebody else to guide you.
10. Come back slowly and short distances, perhaps run in minutes, rather than miles. Your first run back should be very short, 10 minutes at most. Then rest for 24 hours, if it still feels good try the same again the day after. Then rest for 48 hours, if it still feels good try a 15-minute run. Keep repeating this stepped approach and don't jump straight back on to your previous mileage. Have a plan to gradually build your way back.
11. Try not to run consecutive days if you're relatively new to running especially if one is long/hills
12. If you have run 13 miles 3 months ago and then have been doing lower mileage, you can't jump on a 12 mile run just because you've run further before, you will need to have run at least 11 miles within 3 weeks for it to count as trained miles. This applies to any number relatively.

They're not certain to keep you injury free, but they will certainly help! Rick's Runs - Key Dates: 19/11/17 (6 miles), 17/12/17 (9 miles), 14/1/18 (13.1 miles + medal), 3/2/18 (Hyndburn parkrun), 24th & 25th Feb 2018 (Blackpool Training Camp inc 18 mile run), 11/03/18 (20 miles), 18/3/18 (18 miles), 25/03/18 (12 miles), 1/4/18 (10 miles + buffet and certificates), 8/4/18 (Manchester Marathon)