



# First Marathon Tool Kit

## 8 STEPS TO START TRAINING FOR YOUR FIRST MARATHON

### **1 Build the habit of routine**

Start with putting on exercise clothes and shoes, 3 days /week. You'll find you make it outside by default most days, but focus on putting on the clothes as your "win"!

### **2 Walk the walk**

If you're new to running in general, start with committing to time on your feet! Plan to be moving for 30 minutes, and don't put that pressure on yourself to run right away!

### **3 Turning the running corner**

Once you're ready to run, start slow - this is a long term relationship we're building! Run when you can, walk when you must on your first few runs.

### **4 Sign up!!**

Once you've built a habit and a good foundation for training, it's time to sign up! Don't overthink yourself into NOT signing up. If you run, you're a runner. And training will get you there. Sign up for that race!

### **5 Find a training plan**

From hiring a coach to finding a static plan online, for whatever plan you choose, just make sure you're respecting the long runs, and adjusting based on how your body is feeling. A plan should be a guide, not a script!

### **6 Find a community**

Whether it's an online or in person community, find a group of people who can help you during the hard moments and push you to your potential. You're going to need them when things get tough!

### **7 Practice fueling**

Most runners should be fueling anywhere between every 30 and 45 minutes during a race - this is something you need to train your body to do. Practice early and often during training!

### **8 Trust the training**

You're not going to wake up tomorrow and be able to run 26.2 miles. That's what the training is for!! You're going to prove it to yourself along the way, just keep focusing on the step in front of you.