



5 Things I Wish I Knew

FROM 60+ FIRST MARATHON STORIES

1 Start slow!!

Start slow - both when you first start running and on race day! Walk when you need to in the beginning, and make sure you settle nerves on race day. TIP: Audiobooks are great for learning to start slow vs. music that might ramp you up!

2 Find Community

Don't buy into the all the noise online! There's a lot of different opinions out there, and it can be overwhelming. Find a community you trust and stick with them. TIP: Find a local running group to train with! Less lonely long miles :)

3 Strength Training

You don't have to "earn" the right to strength train as a runner! If you run, you should be strength training early on and often. Don't wait until you get injured, start early! TIP: The app Runna has runner specific strength programs you can try!

4 Know your "why"

Training is GOING to get hard - you should expect a handful of runs that push you to the limit. In those moments, you have to have your "why" to fall back on and remind you your reason for running. TIP: it doesn't have to be a massive reason! Most runners have a "why" of proving they can do hard things.

5 DOOOO IT!!

This is the #1 piece of advice from the show: Sign up, and DO IT!! The training will carry you through, but the first step is on you. If you have even a TINY bit of interest in running a marathon, sign up and do it. TIP: Choosing a local marathon with good crowd support will ensure you don't have to deal with crazy race logistics AND you'll have people cheering you on the whole way!