



IMT Des Moines Marathon

Tips To Maximize Your Performance on Race Day

- 1) There are very few of us that would consider 'winging it' when it comes to completing a Marathon, Half Marathon or 5K Road Race. A training program that complements your personal lifestyle is the first step towards a successful race. Visit the IMT Des Moines Marathon website and click on the Training Page to learn more about how you can start or strengthen your personal running regime at www.desmoinesmarathon.com.

- 2) If you feel your training has caused a muscle strain, pull or possible injury visit a medical professional, physical therapist or personal trainer immediately. Take an active role in your rehabilitation by taking control of the situation early on. You'll combat feelings of helplessness and get back on track with your training or plan a future race.

- 3) Avoid forcing your workouts by listening to what your body is telling you while running. The training calendar does not take in to account the number of board meetings or deadlines you are facing this week. Run in the present, not how you ran 10 years ago or how you expect to run on race day. Your running will benefit if you stay in the moment and you will find it more enjoyable. Race day-pace workouts will come later.

- 4) The IMT Des Moines Half Marathon course is considered flat and fast. The IMT Des Moines Marathon course presents elevations rises and hills during miles 3 through 8. If you are not incorporating hills in to your Marathon training program, you should begin to do so. View the course map for all races at www.desmoinesmarathon.com and click on the race you are training for to find additional information on the specific courses.

- 5) Make note of the week leading up to race day on your personal and professional calendar. Try not to over schedule yourself the week leading up to the race. Focus on rest, relaxation and running a successful race. The steps you can take now to limit outside stressors the final days before the race will bring you the best rewards on race day!

See you at the finish line!

IMT Des Moines Marathon | 4801 Grand Avenue | Des Moines, IA 50312

www.desmoinesmarathon.com | info@desmoinesmarathon.com | 515.288.2692