



## **IMT Des Moines Marathon Tips To Maximize Your Performance on Race Day**

>> You can make running in the heat easier by being fitted with the proper running gear. Visit a specialty running store and let the knowledgeable staff fit you with the basics. Try running early in the morning and later in the evening. It may be helpful to split up longer mileage by pulling double duty.

>> If you feel your running has caused an injury, visit a medical professional, personal trainer or physical therapist immediately. Take an active role in your rehabilitation. By taking control of the situation early on, you'll combat feelings of helplessness.

>> How you hold your head while running is key to your overall posture. Look ahead naturally, rather than looking down at your feet. This will straighten your neck and back. Try to keep your muscles relaxed.

>> Try not to force your workouts. Run in the present, not how you ran 10 years ago or how you expect to run 3 months from now. Your running will benefit if you stay in the moment.

>> Once you have a plan for a workout or a race, don't think too much about it. You'll build up too much anxiety and won't leave yourself flexibility if things don't go as planned on race day.

>> Train with other runners. You'll be surprised how adapt you will be when you run with others you are faster than you. Try running with a group like the Capital Striders once or twice a week. You'll see the results.

>> Keep your training routine fresh. Make changes to running routes. Buy new running apparel occasionally to keep running fun and inspiring. Cross training can provide a workout routine when running isn't an option.

>> Remember to plan for recovery. After a hard run, take an easy day or reward yourself with a day off.

>> Training on a soft surface such as dirt reduces the amount of shock on your bones, muscles and cartilage. You'll recover from long runs faster and reduce your risk of injury. Be sure to get some training in on hard surfaces if you are planning on running in a race that is on the roads.

>> Four or five days before the marathon, do a 2 or 3 mile marathon pace run in your marathon outfit and shoes. Picture yourself on the course running strong and relaxed. This will help to boost your confidence and lock you into your race pace on marathon day.

See you at the finish line!

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

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