

Preparing for Marathon Successes

When it comes to preparing for a marathon, I don't like to leave anything to chance.

Blog by former Wellington Marathon winner & Shoe Clinic ambassador, Katie Kemp.

For any runner/walker signing up to a marathon, be it their first or one of many, it is a big (might I add, fantastic) commitment which requires a significant investment both physically and mentally. Therefore, we want to be rewarded with a really positive marathon experience. To help set ourselves up for marathon successes I believe it is vital to take some time to plan and prepare ahead for race day.

When preparing for a marathon, my standard race preparation motto applies; 'nothing new'. My race kit, footwear and nutrition are selected well before the event giving me plenty of time to practice, practice, practice. This helps me to avoid any unwelcome hurdles on race day and keep a calm, positive state of mind.

Race Kit

I always do some training runs in my race day kit. In a marathon I like to be able to store my race nutrition in my clothing, therefore I seek running shorts with reasonable sized and secure pockets. If you like running tights, the new Just Live running tight from Shoe Clinic are great!

My favourite winter accessories are light weight gloves and beanie. They keep me warm early in the morning but are easily discarded as the body or outside temperatures come up.

The beauty of Wellington is we just never know what to expect come an early winter marathon morning, therefore finding light weight long sleeve tops/jackets that you can be comfortable in would be Wellingtonian wise!

Footwear

As the Shoe Clinic will be quick to agree, you need to have a firm relationship with my race day footwear before stepping out for 42.2km together. So I will be doing regular training sessions in my race day footwear.

When thinking about shoes, I also consider socks. My preference is for something not too thick, and for them to be well worn-in before race day. Drymax socks from Shoe Clinic are ideal, if you want my suggested sock.

Nutrition

I use my weekly long run session to practice my pre-race day breakfast and race fuel plan. I want to be absolutely sure my stomach and mind are happy with my choices.

Fueling during a marathon is critical for performance. If you are still unsure of your perfect race day recipe I strongly suggest trying out some different options now so you have plenty of time to practice.

There are numerous options available to suit individual tastes, be it gels, chews and energy bars, or good old dates and jet planes, etc.

Congratulations on making that commitment to be on the start line on 18th June 2017, I cannot think of a better way to motivate and move ourselves into the shorter cooler days of winter than entering the Gazley Volkswagen Wellington Marathon.

All the best preparing for that memorable marathon experience you deserve.

Katie Kemp

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