

## 40 DAY CHECKLIST

### 40 DAYS UNTIL RACE!

- Plenty of time to add, analyze, tweak aspects of program
- Race Pace – utilize the long runs to figure ideal race day pace. Maybe add in walking breaks every mile for 1 min. to conserve energy you should feel comfortable during long runs
- Race/Hydration – figure out ideal snacks to keep you energized for entire run. Also determine optimal pre-race breakfast, water and snacks, water /Gatorade mix, figure what's ideal.
- Hills- if you haven't been getting hill run in during week start adding it in. You could do hill /intervals or you could make one of your weekly runs in a hilly area.
- Daily nutrition/hydration – eat clean, drink enough water regularly, minimal alcohol intake, get to ideal weight – every extra pound slows you down by 2.5 – 3.0 sec. per mile in addition to extra joint stress
- Strength Train – if you have not been doing any, even a 2 day per week 20 minute total body strength circuit could help significantly.
- Examples of key exercises: front plank, side plank, glute bridge, push up, rows or pull-ups, body weights squats or lunges, one leg dead lifts.
- Roll and Stretch – Key to keep you loose and injury free. You will notice huge difference even after a few days, particularly if you have real tight spots.
- Injuries - Please set up screening with Joint Ventures. Consult with me to determine cross training plan. Non impact cardio can help to keep you fit while injury heals. Sometimes you may not be able to get all the long runs in but can still run a good marathon.
- Mental plan- Start thinking about the race, maybe drive the course.  
Visualize the course  
Prepare mentally for the day  
Think positive and be mentally tough  
Brace for tough patches during the race.  
Take a look at the article from week 12 email. "Beating Boston"