



# The Marsden Marathon

## Get started with these top tips!



### Comfort

Wear comfortable trainers and socks – don't try and break in a brand-new pair of shoes!



### Hydrate

Drink water before and after your run, and if you're going on a long run, don't forget to take your bottle out with you.

### Motivation

Make yourself a good playlist to help keep you motivated along the way! Comfortable headphones are a must.



### Cooling down

Make sure you allow at least five minutes to cool down and another five to stretch out after each run.



### Track your miles

Make sure you have Strava ready to record those miles – once logged, these will show on your JustGiving page and will let your supporters know how far you've run.

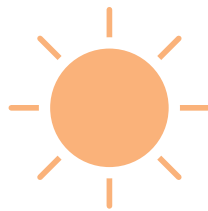


### Be flexible

Life gets in the way, so be prepared to be flexible if you become ill, fatigued or even injured. Rest is vital for recovery.

### Warming up

Make sure you warm up with some stretches and brisk walking for at least five minutes before each run.



### Make a plan

Remember, you have 26 days to complete 26.2 miles in a way that suits you best. You could aim for a mile a day, or if you're a couch to 5K fan you could repeat this distance nine times or, if you really want to put all your running experience to the test, you could complete the full 26.2 miles all in one day!

**Build up the miles in your own time and raise vital funds.**

**It's not about how you go the distance. It's who you do it for.**



The ROYAL  
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