

# Your Comprehensive Guide To Marathon Preparation & Recovery

(sneak preview)



Blaine Moore

This document is a sneak preview of my upcoming book, which will be available for purchase on Thursday, January 17<sup>th</sup> at 2:00.

Thank you for your patience while I put the finishing touches on the book. It is now ready for download, and I am just putting the finishing touches on my infrastructure to make sure that nobody has any problems downloading the book or using any of the tools that I have created to support it.

I thought that sharing the introduction to the book along with the overview of what appears in each section would help you get a better understanding of what the book is all about.

If you have any questions for me about the book, then feel free to contact me at: <http://www.marathoning.org/feedback>

Best Regards,

Blaine Moore

# Why Write This Book?

I have been running as long as I have memories, and have been running competitively since 1992 at every distance and most events between 400 meters and 50 kilometers. I particularly enjoy running marathons, and I plan on running at least one marathon in every state. I have been running marathons since the end of 2000, and have raced on roads, dirt and trails. I have run marathons that I have had to fly to, that I have had to drive to, and that I have only had to walk to.

In the process of running all of those marathons, I have made a lot of mistakes. Some of them were because I didn't know any better, and others were me just acting against my better judgment. I have treated each marathon that I have run as a learning experience.

This book began as a series of tips that I wrote in 2006. A half dozen of my college running buddies were all going to run their first marathon and I wanted to help them avoid some common mistakes. The original series of articles were lists of the things that I had learned and the mistakes that I had figured out how to avoid.

My friends had each trained for the race in the best way that they knew how, and I knew that they were no strangers to long runs of over 20 miles. Having raced the marathon as many times as I have, though, I also knew that they wouldn't really know what to expect from those last few kilometers or from the race effort over such a sustained distance.

The marathon is a fun race. If you are well trained for the race, and you then follow some simple steps to prepare for your race, then there is no reason that you can not enjoy and finish every marathon that you enter.

One of your greatest experiences that will come out of a marathon is that sense of accomplishment that you will receive when you cross the finish line. Not even my friends who run multiple 100 mile races every year take that feeling for granted.

With the tips and tactics that I am going to share with you throughout this book, you will be able to enjoy your race and recover quickly and effectively after the race. You will not have to be the poor runner that is passing out in the corner of the restaurant after your race. You can be the one that is standing up and walking around and having as much fun recounting the race as you did running the race. You will also be the runner that is able to safely and effectively return to training after your race so that you can prepare for your next marathon.

Please bear in mind, though, that what I have written in this book is based upon my own experiences and research. I am not a doctor, and I never plan on pretending to be. If you are new to marathoning, you should really visit your doctor first to discuss your training plans and take advantage of their advice and knowledge of your individual situation.

So why did I write this book? I wrote this book because I know how to properly prepare myself for running a marathon and I want to help you shorten your own learning curve. Everything on marathon running that I see on the market focuses on training rather than the preparation for the marathon, and this book helps provide a more balanced approach.

# Overview of Each Section

## Introduction

The introduction explains why I felt a need to write this book and gives you a short blueprint to the different sections that I have divided it up into. You can feel free to read this book from start to finish, or to use this overview and the table of contents to find the specific sections that you are interested in.

## Part 1 – Decisions

Part 1 is all about the decisions that you must make before you will be ready to run your marathon. Choosing the marathon that you want to run is only the first decision; you must then decide upon what strategy you think that you will want to use during the race so that you can choose a training strategy to get you there.

## Part 2 – Pre-Race

Part 2 is all about what you need to do before your marathon starts. Part 2 begins a week before your race and will lead you through what to pack in your bags, what you need to get done the week before your race, what you are going to need after the race, and how to get yourself ready on the morning of your marathon.

## Part 3 – The Race

Part 3 is all about what you should be doing during your race to stay safe and to reach the finish line. You will have practiced the tactics that you are going to be using during your long runs and you should be comfortable with your effort through the different stages of your marathon.

## Part 4 – Post-Race

Part 4 is all about what you should do after your race in order to recover effectively and keep yourself from getting injured. You should be able to enjoy yourself after the race, and these tips will help you get back into your normal training regimen with a minimum of downtime. Part 4 also discusses planning your next race.

## The Appendix

The appendix contains a list of all of the links that I have included throughout the text of this book. If you print this book and you come across a link in the text, you can refer to the appendix to see the full URL that will tell you how to find that website in your browser.

If you have any thoughts or questions about this book, I would love to hear from you! You can leave feedback for me at the following web page:

<http://www.marathoning.org/feedback>

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