



Nutrition Notes

Eat. A diet rich in complex carbohydrates and low in fat will give you the energy to run. Your diet should also contain adequate protein and iron. Carry some energy boosters rich in carbohydrates during your run.

Drink. Do not wait until right before or during your run to hydrate. It's extremely important to make sure you are well hydrated during the few days leading up to your long run. Drink plenty of water and nonalcoholic fluids.

For more information visit www.hss.edu or to make an appointment call our Physician Referral Service at 800.796.0486.

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Marathon Fitness for the First Timer

Before you start thinking about training for your first marathon there are a few questions you should ask yourself. Are you at your optimal level of fitness? Do you have any experience running longer distances? Have you run any races before? The decision to participate in a marathon shouldn't be taken lightly, as it takes stamina, training and endurance.

Give yourself plenty of time to train for a marathon. On average, 16-24 weeks of training is needed to get your body in shape. Include strength training and stretching in your training program. Have an expert provide you with an in depth analysis and assist you during training to optimize and improve your running performance.

Tips for Preventing Injuries

- **Do not increase mileage or intensity too quickly.** No more than a 10-20 percent increase per week.
- **Run in proper running shoes designed for your foot and body type.** Knee and shin pain can sometimes be the first sign that your shoes are wearing down, even if they look new.
- **Don't train through the pain.** Listen to the warning signs of an injury. Do not continue to train through the pain.

Shoe Shopping

Running shoes are vital to good performance and avoiding injuries. The right shoe for you depends on your stride, the structure of your arches, and the type of surface you train on. A good running store can test you to make sure you get the right shoe. You don't need a very expensive pair of ultra-runners at first, but don't skimp on price too much. The right shoe for one person is the wrong shoe for another and will cause injury. Your typical sporting goods store does not have the expertise to get you in the correct shoe, so go to a store that specializes in running. Here are some tips:

- **Shop for shoes later in the day** as your feet tend to swell during the day. It's best to be fitted while they are in that state.
- **Try on shoes** while you're wearing the same type of socks you expect to wear with the shoes.
- Have your feet measured while you're standing.
- Always buy for the larger foot; feet are seldom precisely the same size.



"It's better to enter a race undertrained and healthy than overtrained and injured."

– Polly de Mille, RN, MA, RCEP, CSCS
HSS Exercise Physiologist

Day of the Race Tips

- **Decide beforehand on what to wear on marathon day.** Make sure you wear all your clothes, including your accessories, on a long run to ensure nothing is uncomfortable. You will have plenty of other things to focus on during the race.
- **Eat and drink something within 30 minutes of finishing the marathon.** Healthy carbohydrates and proteins are good choices to replenish used energy stores.

Enjoy yourself! Running is a great way to get fit or stay in shape while clearing your mind or taking time to think while your body goes through the natural, repetitive motions. ■

"The best way to handle almost every sports injury is the RICE method, which stands for Rest, Ice, Compression and Elevation."

– Brian C. Halpern, MD
HSS Sports Medicine Physician

► **Check out our Runners' Health and Marathon Training webinars. Leading HSS experts discuss injury prevention and proper training.**

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