

MARATHON PREPARATION CHECKLIST: 4 WEEKS TO GO

TASK	MARK IF COMPLETE
PERFORM DRESS REHEARSAL: A LONG RUN WITH FULL MARATHON GEAR, FUELLING, AND HYDRATION – DESIGNED TO SIMULATE MARATHON CONDITIONS.	
FINALISE FUELLING AND HYDRATION STRATEGY: IDENTIFY WHAT YOU’LL EAT DURING THE MARATHON RUN, HOW OFTEN YOU’LL FUEL AND HYDRATE.	
REVIEW THE MARATHON ROUTE: CHECK THE START / FINISH LINES, GRADIENTS, UNDERFOOT SURFACES, FREQUENCY AND STOCK OF AID STATIONS, MEDICAL SUPPORT, TOILET STOPS.	
REVIEW THE RACE REGISTRATION PROCESS: CHECK THE RACE ORGANISER’S WEBSITE AND ENSURE YOU KNOW HOW TO REGISTER FOR THE RACE – WHERE TO GO, WHAT YOU NEED TO BRING, WHEN IT IS, ETC.	
FINALISE TRAVEL PLANS: ENSURE ALL FLIGHTS, GROUND TRANSPORT, AND HOTELS ARE BOOKED. CONSIDER THE LOGISTICS OF RACE DAY.	

MARATHON PREPARATION CHECKLIST: 1 WEEK TO GO

TASK	MARK IF COMPLETE
MAP OUT THE 48 HOURS PRIOR TO YOUR RACE: INCLUDES TRAVEL PLANS, RACE REGISTRATION, GETTING TO THE START LINE.	
LOOK AFTER YOURSELF: AVOID ANYTHING THAT COULD COMPROMISE YOUR MARATHON – ILL COLLEAGUES, NEW RESTAURANTS, ETC.	
RUN TRAINING: IN YOUR LAST WEEK OF TAPERING, YOUR RUN VOLUME SHOULD BE VERY LOW – MAINTAIN A GOOD INTENSITY BUT SCALE BACK THE DISTANCES.	
STRETCH AND CONTINUE TO CROSS-TRAIN: KEEP STRETCHING LIGHT, AND ONLY DO FAMILIAR ACTIONS WHEN CROSS TRAINING. DON'T TRY ANYTHING NEW.	
REST AND EAT: THE LAST WEEK IS A WHEN YOU SHOULD INCREASE YOUR CARBOHYDRATE INTAKE.	

MARATHON PREPARATION CHECKLIST: 24 HOURS TO GO

TASK	MARK IF COMPLETE
EAT WELL STICK TO YOUR CARB-LOADING MEAL PLAN. DON'T EAT ANYTHING NEW / EXOTIC. DON'T EAT LESS THAN 3HRS BEFORE GOING TO BED. AVOID CAFFEINE IF PRACTICAL.	
PREPARE ALL YOUR GEAR REFER TO THE MARATHON GEAR CHECKLIST. LAY OUT EVERYTHING THAT YOU'LL TAKE WITH YOU ON MARATHON MORNING.	
CHARGE DEVICES ENSURE GPS DEVICES AND PHONES ARE ON CHARGE.	
SET TWO ALARMS PIECE OF MIND FOR WAKING UP.	
PREPARE YOUR PRE-RACE MEAL IF POSSIBLE, PREPARE THIS THE NIGHT BEFORE.	
REVISE THE COURSE AND RACE INFO FURTHER FAMILIARISATION AND MENTALISATION.	