



Build Base Mileage - Run consistently and aim for 20–30 miles per week before adding structured training.



Progress Gradually - Increase weekly mileage by no more than 10% to reduce injury risk.



Use Jeff Galloway's "Jeffing" - Alternate running and walking to cut fatigue and stay injury-free.



Embrace Long, Slow Runs (LSD) - These slow, steady runs build endurance and aerobic strength.



Include Cross-Training - Activities like yoga, swimming, or cycling help recovery and prevent injuries.



Stick with Tried-and-Tested Gear - Use shoes and nutrition you've trained with, especially on race day.



Train Flat, Expect Flats - Practice on flat routes to prepare your legs for the course terrain.



Plan Recovery Taper - Begin tapering (reducing exercise) 2–3 weeks before the marathon for optimal performance.



Fuel & Hydrate on the Go - Practice mid-run nutrition (gels, hydration) during training—not just on race day.



Listen to Pain Signals - Stop at the first sign of a nagging pain—rest now, avoid weeks of injury later.



Recover with Zone-Zero Movement - Use gentle, low-intensity movement (like walking) to aid recovery and boost endurance.



Mix Long Runs with Tempo Intervals - Add structured speed (tempo or interval runs) wisely—limit them to 8–10% of weekly miles.