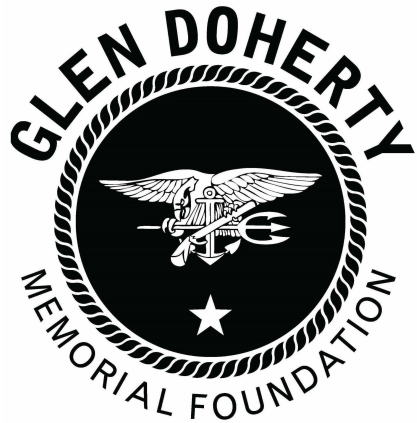




2025 TEAM GDMF

NYC MARATHON

TRAINING AND RACING GUIDE

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I. GETTING STARTED

A. TEAM GDMF TIMELINE

JUNE/JULY

- Register for the marathon using email link invitation
- Set up your Haku fundraising page linked to the GDMF charity
- Download the **QR Code** for your fundraising page to your phone
- **June 22:** Attend Team GDMF Meeting
- Review the guides and other documents/links provided
- Get yourself set up on the NYRR Training App
- Complete your training plan, long runs and race goals
- **July 13:** 16 week training plan officially starts!

AUGUST

- **By August 10:** Make sure you're registered on the Training App!
- **By August 15:** Send fundraising email plea to family, friends, neighbors, colleagues
- include a link to your donation page. Emails work much better than social media!
- **August TBD:** Transportation and Bag Check selection opens
- **August 31:** Long run goal **14 miles**
- **August 31:** Fundraising goal **\$1500**

SEPTEMBER

- TBD (End of August/beginning of September): second Team Zoom
- **By September TBD:** Select your Transportation to the start and Bag Check options!
- **By September 15:** Send follow up ask - include training updates and pictures
- **September 30:** Long run goal = **19 miles**
- **September 30:** Fundraising goal = **\$2500**
- *Incentive: Raise **\$3000** by September 30 and earn a piece of NYC Marathon gear!*

OCTOBER

- **October 15:** Long run goal = **21 miles** (longest run is 3 weeks before marathon day)
- **By October 15:** Send 3rd fundraising request/training update
- **October 16:** Raffle for all donors/all runners - win a GDMF hat!
- **October 30:** Provide update on donations, instructions for your friends, family and donors to track you on race day

I. GETTING STARTED

NOVEMBER

- **November 2:** Long run goal = **26.2 miles** on race day!
- **November 2:** Fundraising target = **\$5,000+** total by race day!
- **November 9:** Send a final thank you to all of your donors - include a picture of you from the race!

QUESTIONS? / CONCERNS: Contact GDMF Team organizers

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I. GETTING STARTED

B. REGISTRATION

You will receive an email from NYRR with a link to the registration site once we “invite” you. Please check your spam folder in case it ends up there. Erica will monitor the site to make sure you’re all set. Please just follow the instructions on the website. It is very straightforward. You will be required to pay the registration fee (\$255 for NYRR members, \$315 for non-members).

Thank you VERY much for accepting this challenge on behalf of Team GDMF!

If for some reason you are NOT feeling confident about getting trained up in time, please let us know ASAP! We would rather have you healthy and happy!

II. TRAINING

A. CREATING A TRAINING SCHEDULE

Creating a sound training plan to follow is imperative for every athlete. However, everyone's mind/body is different so we encourage you to develop a training plan that is best suited to your needs and limitations. Your training plan will allow you to meet weekly distance goals, keep motivated and prevent injury.

The best place to start is to review some of the training programs that are available to you online and take ideas from them. One of the most important parts of marathon training is scheduling an achievable long run schedule. Once a week you should be logging one long run to build your endurance for the race and to prepare your body for the length of time on your feet.

Here are a few marathon training programs that may help you:

- [BAA Training plan & links](#)
- [Hal Higdon's Training Plans](#)

To achieve a specific 26.2 time, you can also use the Yasso 800 plan. There are many opinions about the efficacy of this plan. Here is a [link about the workout](#) and you can decide if you want to incorporate it or not. Some people swear by it.

Please take all of these plans with a grain of salt. Some marathon programs overkill on the running. Cross training can keep your mind sound and body safe from injury. Borrow ideas from each program and tailor a plan that is best for you. There are also personal coaches that will devise plans for you for a fee. Right now, Team GDMF does not employ a coach so if you would like to explore this option it would be at your own expense.

We also encourage you to use the Coaching Lab app by Runcoach - details are provided on our team side [2025 Team GDMF NYC Marathon Site](#). Register with that code before **August 10, 2025**.

II. TRAINING

B. SUGGESTED TRAINING PLAN & PACING

Long Runs: Below is a target list of long runs starting in July. Marathoners usually schedule their long runs at the end of each week. This plan is 16 weeks long, like most marathon plans. Try to build mileage gradually over a 2-to-3-week period, then bring it back to a 13 mile run in between. Please note, long runs don't have to be on Sunday, but try to get one long run in before the week is out. Weather, family schedules and just life will play a role in when you can get in your long runs.

16 Week Long Run Schedule

Goal for each week ending Sunday

Week 1, 7/20 - 5 miles

Week 2, 7/27 - 6 miles

Week 3, 8/3 - 8 miles

Week 4, 8/10 - 10 miles

Week 5, 8/17 - 12 miles

Week 6, 8/24 - 14 miles

Week 7, 8/31 - 16 miles

Week 8, 9/7 - 13 miles

Week 9, 9/14 - 17 miles

Week 10, 9/21 - 13 miles

GDMF ANNUAL ROAD RACE

Week 11, 9/29 - 19 miles

Week 12, 10/5 - 13 miles

Week 13, 10/12 - 21 miles

Week 14, 10/19 - 13 miles

Week 15, 10/26 - 8 miles

Week 16, RACE DAY, 11/2 - 26.2

Weekly running schedule: Try to tentatively schedule your workouts ~16 weeks out to race day. Obviously, things will change. However, it is a good way to plan your long runs around your family schedule and weekend activities. You may need to move around long runs to Fridays vs Saturday / Sunday certain weeks to account for weekend plans, family schedules, etc., especially if you know you're going to be out of town.

Two main goals for your weekly training log:

1. **Diversify workouts to prevent injury.** Maybe swim or try yoga on non running days. Cycling is another great way to get in cardio shape without the pounding on your back and feet. Yoga / Pilates are fantastic to help your muscles recover from the running, and keep you stretched out while building your core.
2. **Hit mileage goals to increase endurance** – You can plan to run 26+ miles a week with heaviest weeks between 30 and 35 miles. Others may prefer 40 – 50+ miles during marathon training. Our goal is to have you stay healthy and enjoy running. Do what is best for you!

II. TRAINING

PACING

If you are an experienced marathoner and have a particular finish time goal, you may want to check out a pacing chart like the one on [Marathon Pace Chart](#). This chart allows you to see different options, but other tabs let you create your own pace chart as well.

I have found charts like this helpful in setting my ½ marathon goal. I know that if I hit the 13.1 mark by a certain time I should be able to qualify again barring any potential issues on the back 1/2 – bonking, cramping, etc. I always assume that I am going to slow down on the back ½! You will never really know how race day is going to go, but I like to have an idea of what my mile by mile pace should be if I am feeling good on race day.

You could also consider getting a printable wristband to tell you your pace for every mile. I highly recommend having a pace bracelet if you are working on a finish time goal. My watch did not pick up a satellite one year when I was trying to qualify for the 1st time.

Thankfully, I had bought a plastic pace bracelet. The example shown assumes that I am running an even pace for every mile and trying to finish in 3:50. I was able to keep track of my pace by looking at my watch every mile and comparing it to the total elapsed time on the bracelet. Technology can be a blessing and a curse and I was thankful to have this simple technology at my disposal!



COURSE MAP

Not sure when this will be posted, but check here

- <https://www.nyrr.org/tcsnycmarathon/race-day/the-course>

II. TRAINING

D. FUEL & HYDRATION

Once you get into your long runs you really need to pay attention to your fuel intake. Marathon running can take a toll on your system and sometimes you won't realize it until it's too late. In endurance athlete speak, you don't want to "bonk." Scientifically, the bonk occurs when you deplete the [glycogen](#) stores in your [liver](#) and [muscles](#) and the result is sudden fatigue and loss of energy. In plain speak, your legs feel like lead and you become so tired and disoriented that your forward progress basically stops.

SO, to avoid the BONK...eat, drink, eat, drink...and drink some more even when you don't think you need it. You need to practice this, just like you practice your running. Boston Marathon Race Director, David McGilvray recommends carrying ALL your fuel on the day of the race, "Best to rely on yourself, not the race volunteers". There are plenty of liquids – water & gatorade - for hydration on the course but some do decide to carry it anyway.

Supplies on the course

- a. Water
- b. Gatorade
- c. Clif Shot GELS ?
- d. Vaseline – for chafing
- e. First Aid Stations
- f. Porto potties

Water stops: TBD...usually every mile past mile 3

Porta potties: TBD

Fuel Belts

[Fuel Belts](#) are a great way to carry your fuel and keep your bib secure. Your timing chip is in your bib so you certainly don't want to lose that along the way. There are several brands out there with 2 or 4 bottle carriers, pockets for tablets, attachments for gels. I have 2 different fuel belts that I typically use – 1 for training the other for racing. My training belt has 4 bottles and a pocket for gels. Race belts typically have just toggles to hold your bib number and straps for gels and maybe a small pocket for salt tabs, Advil, etc.



Training Belt



Race Belt

II. TRAINING

In 2014 I used a fuel belt with 2 bottles. Once they were depleted I refilled them at the later water stops. Last 2 years I only used a race belt with a pocket and straps for gels – no liquids (above right). How much you want to carry water wise is up to you. There is plenty of hydration available on the course. Carrying it is only so that you can take it when you want to and you can avoid the chaos of water stops.

I HIGHLY recommend carrying your food fuel – gels / blocks, etc. on you. There will be fuel on the course which is great, but I still recommend carrying your own. **You should also be sure to carry EXTRA fuel.** You may end up dropping something and not realizing it OR you may not want to bend down and pick it up. With crowds of runners around you could get hurt, not to mention you may not be ABLE to pick it up if you drop it around mile 20!

How much to eat / drink?

Each individual is different. Some of us sweat like crazy and lose lots of fluids and SALT. Salt replacement can be important during the 2nd half of the race. **Hydration guidelines** are put out by the BAA and can be found in this link: <http://www.baa.org/races/boston-marathon/participant-information/hydration-information.aspx>

My fuel of choice is a combination of [CLIF shot blocks](#) and [GU](#) gels. Shot blocks are like pieces of gummy candy and GU gels must be ingested with water. The GU therefore requires either a water stop or carrying your own water. I like the Strawberry Banana GU's with no caffeine and the Salted Caramel or Tri Berry that include caffeine.

I try to fuel up at least every 45 minutes if not sooner and alternate the Shot Block and GU's. I take my first fuel around mile 5 or 45 minutes in so my schedule looks something like this:

- :45 – Shot Block
- 1:30 – GU with caffeine
- 2:15 – Shot Block
- 3:00 – GU without caffeine
- 3:30 – Shot Block / GU depends on how I am feeling – GU has more punch.

FYI, some sports watches have fuel options where you can schedule different chimes to go off when it is time to eat. Check out your settings - you may be able to set timers as well.

I am also ingesting Gatorade along the way adding to my carb intake. Here is an article that insists on 45g of carbs / hour. Looking at their fuel intake, it seems like a lot, but again everyone is different so practice your fueling on your long runs!

<http://www.runnersworld.com/nutrition-for-runners/how-to-fuel-for-your-first-marathon>

Taking items along the course

Folks will hand out fuel items along the course. Kids will hand out oranges / bananas – always great to have REAL food on race day. Some folks have candy – never my favorite – but if you have trained with jolts of sugar, go for it.

II. TRAINING

Word to the wise, be careful what you take from spectators that seem to be partying hard...never know what is in that solo cup. **Also – that “goo” on the stick handed out by volunteers– is NOT for eating!!** This is how they hand our Vaseline on the course, on tongue depressors. It is for chafing. Apply pre-race to avoid chafing around your waist – fuel belt rubbing, arms, legs and on your feet. Again do this on your long runs to try it out. Vaseline between the toes can help prevent blisters, but too much can make you slide around in your sneakers and cause other foot issues.

OTHER FUEL OPTIONS:

Salt tabs – I may try to experiment w/ these on my next run. My stomach was queasy in 2014 and made it difficult to eat the pretzels. But I think just sucking on them gave me enough salt intake. Here is Runner’s World article on salt intake. Offers some other ideas besides pretzels.

<http://www.runnersworld.com/nutrition-runners/pass-salt?page=single>

Nuun – Stomach problems are common during long distance races. Many people find Gatorade too sweet and like the Nuun tablets much better. You would need to carry this with you however, since it is not offered on the course. Check out their website for all of their products:

<http://www.nuun.com/products/nuun-energy>

Coke – Some folks swear by various concoctions made with Coca Cola. Flat Coke, Coke mixed with Gatorade, you name it. The sugar / caffeine combo is a kicker so I can see why it works, you just need an iron stomach to handle it.

Other Gels – PowerBar makes Gels which are more liquid than the GU products. There are ALL kinds of flavors no matter what the brand.

Bottom line, try out various combinations of fuel on your runs, **do NOT add anything new on race day**. You never know how it will affect your stomach and therefore overall performance. Listen to your body during the race. If you feel you need something, take it. Just make sure you have what you need on your person, or someone coming to cheer you on. Practice, practice, practice and enjoy the post run fuel! Always the best incentive for me!

II. TRAINING

A. RACE DAY TRANSPORTATION & BAGGAGE

You will need to pick your baggage and transportation options sometime *between August 16th and September 10th*. NYRR page with details can be updated and found [here](#)