

DAMASCUS MARATHON 2025

ULTIMATE PREPARATION GUIDE



■ TRAINING RECOMMENDATIONS

FOR EVERYONE:

FOLLOW A STRUCTURED 16-18 WEEK PLAN.
LONG RUNS ARE KEY: BUILD UP TO 30-34 KM.
INCLUDE VARIETY: EASY, TEMPO, INTERVALS, HILLS.
LISTEN TO YOUR BODY AND REST WHEN NEEDED.
TAPER 2-3 WEEKS BEFORE RACE DAY.

FOR FIRST-TIMERS:

SET REALISTIC GOALS: FINISHING IS SUCCESS.
PRACTICE WALK/RUN STRATEGIES.
SIMULATE RACE CONDITIONS WITH GEAR/FUELING.

■ GEAR CHECKLIST

RUNNING SHOES (BROKEN IN)
MOISTURE-WICKING CLOTHES
NON-COTTON SOCKS
CAP/VISOR, SUNGLASSES
ANTI-CHAFING CREAM
GPS WATCH (OPTIONAL)
RUNNING BELT FOR GELS/PHONE
POST-RACE WARM CLOTHES

■ NUTRITION & HYDRATION

DURING TRAINING:

EAT BALANCED MEALS
PRACTICE RACE FUELING ON LONG RUNS
STAY HYDRATED DAILY

RACE WEEK:

CARB-LOAD 2-3 DAYS BEFORE
AVOID FIBER-HEAVY FOODS BEFORE RACE

RACE MORNING:

EAT 2-3 HOURS BEFORE START
1 GEL EVERY 30-45 MINUTES
DRINK WATER/ELECTROLYTES REGULARLY

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■ MENTAL PREPARATION

VISUALIZE SUCCESS

BREAK RACE INTO SMALL GOALS

ACCEPT DISCOMFORT

STAY POSITIVE AND ADAPTABLE

■ RACE DAY STRATEGY

ARRIVE EARLY (60-90 MINUTES)

WARM UP LIGHTLY

START SLOW AND STEADY

STICK TO YOUR FUELING PLAN

ENJOY THE MOMENT

■ POST-RACE RECOVERY

WALK FOR 10-15 MINUTES

EAT CARBS + PROTEIN AFTER RACE

REHYDRATE

STRETCH LIGHTLY, FOAM ROLL

REST A FEW DAYS BEFORE RUNNING AGAIN

■ COMMON FIRST-TIME MISTAKES TO AVOID

STARTING TOO FAST

SKIPPING LONG RUNS

WEARING NEW GEAR ON RACE DAY

TRYING NEW FOOD/GELS

IGNORING INJURIES

NEGATIVE SELF-TALK

■ ADDITIONAL TIPS FOR DAMASCUS MARATHON

EXPECT WARM WEATHER-DRESS LIGHT

STAY HYDRATED

ENJOY THE SCENIC COURSE THROUGH HISTORIC
DAMASCUS

KNOW AID STATION LOCATIONS

INVITE FAMILY AND FRIENDS FOR SUPPORT