

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