



Fitness Facts

Tips For Getting Into Marathon Season

by *Chris Carmichael*

(NAPSA)—Millions of Americans run daily, but whether it's a few laps to get in shape or training for a marathon, each run starts with a single step. Having a basic routine to follow will help you reach your goals and stay healthy. Here are a few basic tips to help you go the distance:

- **Stay committed.** Running a marathon is more than building muscle; it is a test of your physical and mental stamina. You need to find ways to get motivated and stay motivated because running a marathon is an ongoing battle.

- **Set reasonable goals.** Increase your goals incrementally so you feel a sense of accomplishment and don't get discouraged by what you can't accomplish. Build up your endurance slowly, alternating running with plenty of rest. You should be able to run at least 30 minutes without having to stop before you can consider running in a marathon.

- **Dress the part.** Invest in the right exercise shoes and make sure you have tested your running gear before race day. Runners should be focused on their performance, not discomfort from skin that is chafed or irritated or blisters from uncomfortable shoes. I recommend Aquaphor to athletes. It's a must-have item that prevents and even helps heal everything from chafed skin to blisters.

- **Eat healthy.** Food is needed for muscle growth and repair; that includes plenty of carbohydrates—



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especially complex carbohydrates—protein and unsaturated fat.

- **Stay hydrated.** Drink enough water to stay hydrated, at least six ounces every 20 minutes.

For more information on Aquaphor, visit www.EucerinUS.com.

Chris Carmichael is the founder, CEO and president of Carmichael Training Systems, a team of coaches for endurance athletes, and personal coach to seven-time Tour de France champion Lance Armstrong.