

Marathon II Boxset: Your First Marathon and Fitbit - Conquer the Distance and Track Your Progress

Embark on a transformative journey with the Marathon II Boxset, your ultimate companion for conquering your first marathon and maximizing your training experience with the latest Fitbit technology. This comprehensive set equips you with the essential tools and insights to navigate the challenges of the marathon and achieve your fitness goals.

Section 1: First Marathon Essentials

1. Marathon Training Plan

The Marathon II Boxset includes a meticulously tailored training plan designed specifically for first-time marathoners. Developed by expert coaches, this plan provides a 16-week roadmap that gradually increases the distance and intensity of your runs, ensuring optimal preparation.



Marathon Book II: 2 Book Boxset: Your First Marathon and Fitbit by Richard Bond

★★★★☆ 4.8 out of 5

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Word Wise : Enabled
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COMPETITIVE HALF-MARATHON TRAINING PLAN

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	6M + LB	3 X HILL 3K PACE	5M + LB	8M	FARTLEK 6M	4M	12M
2	4M + LB	6 X 900Y 5-10K PACE	5M + LB	8M	1-0 HILLS 5-10K PACE	4M	8M
3	6M + LB	3 X HILL 3K PACE	5M + LB	8M	6M	4M	13M
4	4M + LB	5 X 800Y 5-10K PACE	5M + LB	8M	7-8 LONG HILLS 5-10K PACE	4M	9M
5	6M + LB	3 X HILL 3K PACE	5M + LB	8M	8M	4M	14M
6	4M + LB	4 X 400Y 3K PACE	5M + LB	10M	8-10 HILLS 5-10K PACE	4M	10M
7	6M + LB	6 X HILL 3K PACE	5M + LB	12M	6M	4M	15M
8	4M + LB	5 X 400Y 3K PACE	6M + LB	8M	9-8 LONG HILLS 5-10K PACE	5M	12M
9	6M + LB	7 X HILL 3K PACE	6M + LB	12M	6M	4M	16M
10	4M + LB	10 X 400Y 3K PACE	6M + LB	8M	10-10 HILLS 5-10K PACE	5M	16M
11	6M + LB	8M	6M + LB	12M	8M	4M	10M
12	4M + LB	6M	6M	8M	6M	3M	RACE

NOTES:

- LB: Light upper body strength workout
- LB: Heavy lower body strength workout

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2. Nutrition and Hydration Guide

Fuel your body for success with the comprehensive nutrition and hydration guide included in the boxset. Learn the optimal diet and hydration

strategies to maximize performance and prevent fatigue during your marathon training and race day.

Hydration Guidelines

Days before the race

Drink $1/30$ body weight (in kgs) in liters of water spread across the day.

Spread the water to drink enough to pee every 2-4 hours

If you are 65 kg in weight, then drink $65/30=2.17$ liters of water spread across the day.

Space the water throughout the day so that you are hydrated. Don't drink all 2.17 liters in a single session.

1-2 hours before the race

1-2 glasses of water (200-400 ml)

Enough to hydrate and not too much that it sloshes in the stomach

15-20 min before the race

1-2 sips of water (60-120ml)

A sip of water will remove the dryness from the mouth and will have a calming effect.

After the race

Drink as much to quench your thirst

Most probably, there will be light dehydration and hence makes sense to drink as soon as you are done with the race

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3. Mental Strength Training

The marathon is not just a physical challenge; it's also a mental test. The boxset features a dedicated section on mental strength training, providing techniques to enhance focus, build confidence, and overcome setbacks.



Section 2: Fitbit Integration

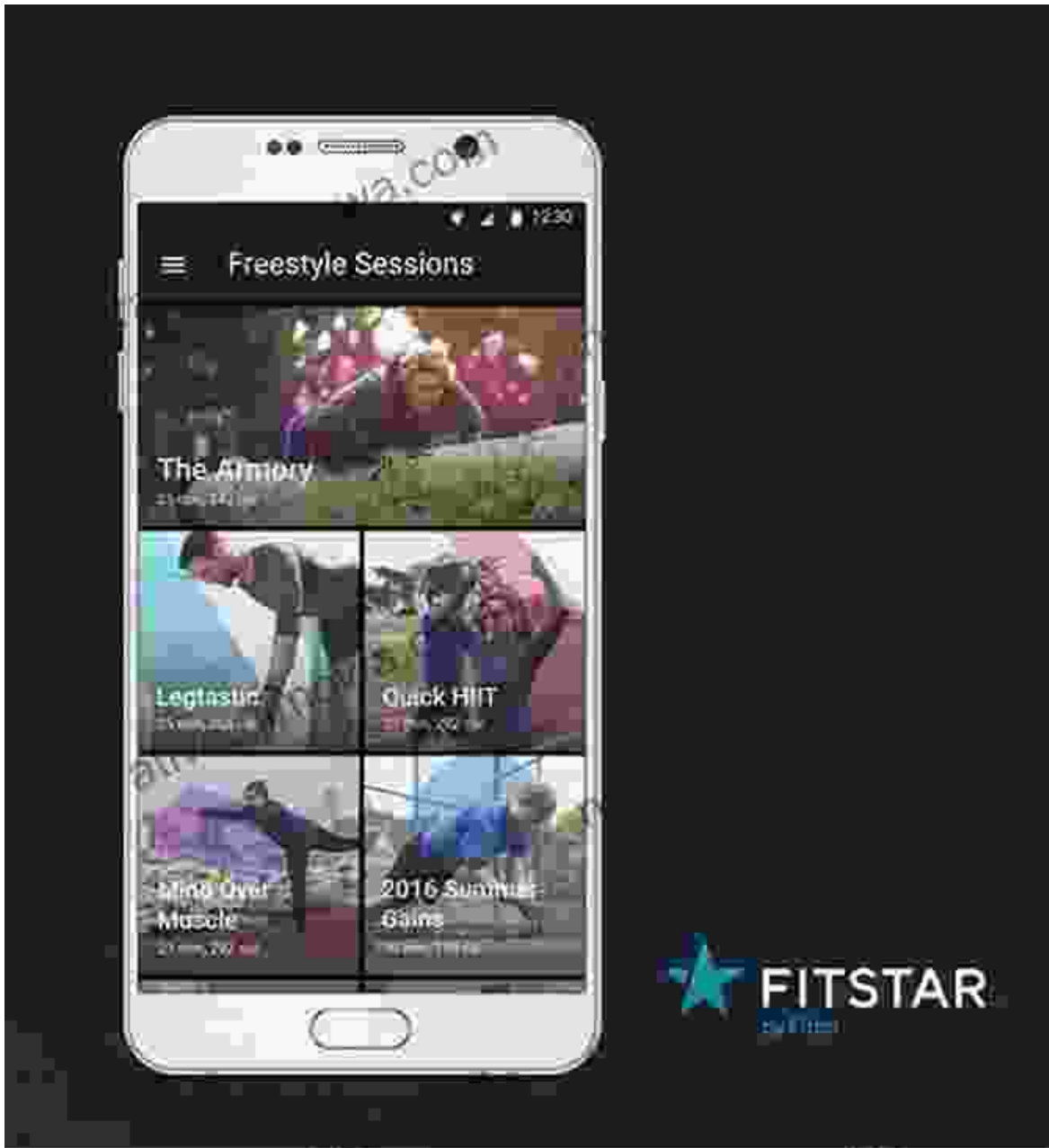
1. Personalized Fitness Tracking

Elevate your training experience with the Fitbit Versa 3 smartwatch, included in the Marathon II Boxset. Track your daily activity, heart rate, sleep patterns, and more to gain valuable insights into your overall fitness and progress.



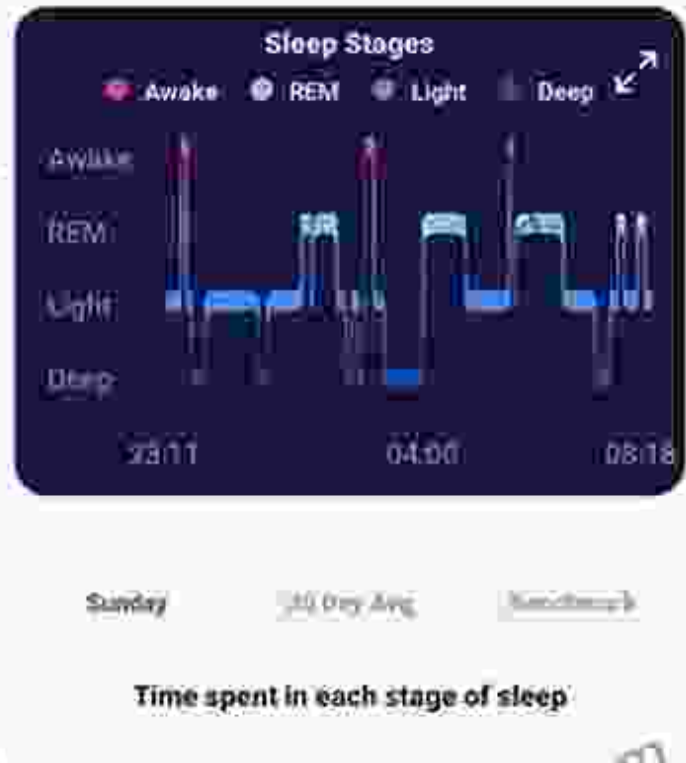
2. Personalized Training Recommendations

Leverage the power of Fitbit's advanced algorithms to receive tailored training recommendations based on your fitness data. The app provides personalized insights to help you optimize your runs and achieve your goals.



3. Sleep and Recovery Tracking

Monitor your sleep patterns and recovery status with Fitbit's advanced sleep tracking features. Understanding the quality of your sleep is crucial for optimizing training and maximizing performance.



Section 3: Additional Resources

1. Inspirational Stories

Draw inspiration from the stories of other first-time marathoners who have successfully completed the challenge. The boxset includes a collection of inspiring accounts to motivate and empower you throughout your journey.



2. Race Day Guide

Prepare for every aspect of race day with the comprehensive race day guide included in the boxset. From course maps to gear recommendations, this guide provides essential information to ensure a seamless and successful race experience.

BEGINNER MARATHON TRAINING PLAN

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	UB	3M	4M + LB	4M	OFF	3M	6M
2	UB	3M	5M + LB	3M	OFF	3M	7M
3	UB	FARTLEK 4M	5M + LB	3M	OFF	3M	8M
4	UB	FARTLEK 4M	3M + LB	4M	OFF	3M	10M
5	UB	4-5 HILLS 5-10K PACE	3M + LB	4M	OFF	3M	12M
6	UB	3-4 LONG HILLS 5-10K PACE	4M + LB	6M	OFF	5M	5M
7	UB	3 X MILE 5-10K PACE	3M + LB	5M	OFF	3M	15M
8	UB	6M	5M + LB	6M	OFF	5M	7M
9	UB	3-3 HILLS 5-10K PACE	4M + LB	7M	OFF	3M	18M
10	UB	7M	6M + LB	7M	OFF	6M	9M
11	UB	4-5 LONG HILLS 5-10K PACE	5M + LB	8M	OFF	3M	20M
12	UB	3 X MILE 5-10K PACE	5M + LB	8M	OFF	3M	10M
13	UB	6 X 800 5-10K PACE	6M + LB	8M	OFF	3M	22M
14	UB	7M	5M + LB	8M	OFF	5M	10M
15	UB	6 X 800 5-10K PACE	6M + LB	8M	OFF	3M	24M
16	UB	4 X MILE 5-10K PACE	7M + LB	10M	OFF	4M	10M
17	UB	5M	3M + LB	5M	OFF	3M	26M
18	UB	6M	3M + LB	8M	OFF	4M	12M
19	UB	5M	4M + LB	6M	OFF	3M	12M
20	UB	FARTLEK 5M	4M	OFF	OFF	2M	RACE

NOTES

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3. Community Support

Connect with a vibrant community of marathoners through the exclusive online forum included with the Marathon II Boxset. Share experiences, ask questions, and receive support from fellow runners on a similar journey.



The Marathon II Boxset is your ultimate companion for achieving your marathon dreams and maximizing your fitness potential. With its comprehensive training plan, expert guidance, and seamless Fitbit integration, this boxset empowers you to conquer the distance, track your progress, and unleash your full potential as a runner.

Whether you're a seasoned athlete or a first-time marathoner, the Marathon II Boxset is your indispensable tool for success. Embrace the challenge, unlock your inner athlete, and cross the finish line with confidence and pride.



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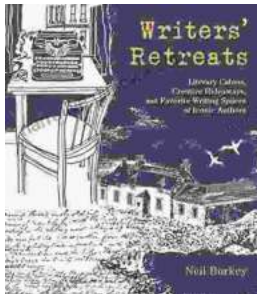
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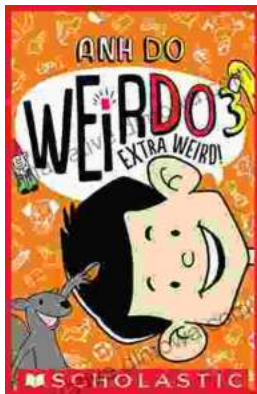
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