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Are you running the NYC Marathon this year? Congrats! The NYC Marathon is one of the greatest marathon, make sure you know all of these NYC Marathon tips and tricks just in case. After all, you want to have the
best experience before, during, and after the race expo runs from November 3rd to November 3rd
there early to pick up their bibs and other things they need, so keep in mind it will get more crowded the closer it gets to race day. If you're traveling to New York, follow these NYC Marathon tips and tricks and cross the expo off your feet the day before the race. Here you can find all
information about the NYC Marathon hours, the NYC Marathon hours, the NYC Marathon tips and tricks is to get enough rest beforehand. Stay off your feet as much as possible and enjoy your
hotel relaxation to the fullest. For the locals, I recommend enough rest and a stress-free week leading up to it. We all want to be well-rested on race day to run our best marathon possible. NYC Marathon Bus vs Ferry The NYC Marathon
offers transportation to the starting line in Staten Island. Every year runners are debating whether they should take the bus (From Manhattan or New Jersey) or the ferry (Downtown Manhattan). Friends of mine experienced both options and were fine either way. It depends on where you're located and if you're okay with being on a crowded ferry and
lines before getting to the start. From the ferry terminal in Staten Island, there will be buses taking you to the start-which is a few minutes driving away. Folks coming from New Jersey, I can recommend taking the car or UBER. I did that last year and I got dropped off right at the start village, which was amazing. Just note that the Verrazzano-
Narrows Bridge will be closed to all traffic between 6:00 and 7:00 AM. Whatever transportation you choose, the race organizer will make sure to get you to the start village at Fort Wadsworth is impressive for its size, but it's also cold. Remember
it's November in NYC, so it can be freezing in the morning. One of my NYC Marathon tips and tricks is to bring layers of clothes to keep you warm. You will be veiting outside for hours, so even a blanket will be necessary. There will be coffee and water for the runners, but I recommend bringing your breakfast which is allowed. Read the NYC
Marathon start village map just in case you're meeting up with friends or want to be at a certain location. There's plenty of time at the start village (wave one starts at 09:50 AM), which can be nerve-wracking. Bring a book, and an extra phone charger case, meditate, meet other runners and get ready for the big race. Getting ready also means
warming up properly. You don't want to start out on the Verrazano Bridge all rusty. Do some static stretches, jog around and get ready to run 26.2 miles. NYC Marathon Route The NYC Marathon route map
for you. One of my NYC Marathon tips and tricks is to know when during the race you will hit an incline to know when during the race you will have to fuel yourself. For more on the route, I have written a great NYC Marathon course strategy that explains almost
every step of the race. It has been recently updated as well. Make sure to check it out. Set Realistic goals Because of its elevation, most runners say the NYC Marathon is not a course for obtaining a personal best record. Races like Berlin or Chicago, which are as flat as a pancake, have more suitable courses for PRs. Since we're talking about NYC
Marathon tips and tricks, I think it's important to point out that you're setting the goals here. As long as you stay realistic about it, there's nothing to worry about. Trust your months of training and you will be just fine. To me, personally, it's better sometimes to surprise yourself with great results than aiming too high and getting disappointed.
Nothing New on Race Day This is an old one, but still super important. I see it all the time that runners tend to try out new stuff on race day. Why though? You have kept your training a certain way. The NYC marathon is not the time for experimenting with new things! Don't risk any
inconveniences during the race due to new socks, a shirt that doesn't fit, or a gel that your stomach doesn't know. Nothing new on race day. Ever. Promise? If you have any other tips and tricks for the NYC Marathon please leave them in the comments. Enjoy your NYC Marathon this year. And be sure to check out my other resources on the NYC
marathon. Why you can trust Sabrina Wieser Runningbrina is committed to bringing you unbiased ratings and information. Her editorial content is not influenced by advertisers. Sabrina uses data-driven methodologies to evaluate all products, so all brands are measured equally. Most featured running blog, past 6 years USATF certified running coach
Experienced endurance athlete 7 marathons .cls-1 {} Race Reviews • October 19, 2023 We independently review everything we recommend. When you buy through our links, we may earn a commission. What You Need To Know Where New York City, all five boroughs! Weather Average: 45-58 degrees Fahrenheit Last Year: 66-74 degrees Fahrenheit
As any Swiftie (or non-Swiftie) knows, New York is the place, especially if you're in your fall marathon is one of the six World Marathon is a point-to-point
race that winds through all five boroughs of the city, accompanied by wall-to-wall crowds that almost feels like a rock concert at times. It's everything you could ever want in a race. Of course, there's a ton of work leading up to that moment. Early mornings, early nights, months of training, days of travel, and a whole bunch of money spent in the
pursuit of a dream. You worked hard for it, and none of that effort should go to waste. We want you to be fully prepared for everything that lies ahead, which is why we put together this insider's guide to the New York City Marathon. We called on a handful of runners who are very familiar with the race, including former NYC residents and multiple to the New York City Marathon.
time finishers Jess Movold and Ashley Mateo, sports dietician Meghann Featherstun, and lifelong New York City marathon 17 times over the last decade. We promise you won't find a better insider's guide than this. A lot of race apps suck- they're clunky, hard to
use, and not always up-to-date with their features. The TCS NYC Marathon App is not one of them, and it includes a ton of new feature is using it to access your confirmation page so you can streamline your bib pickup at the expo. Obviously you'll be able to track all your favorite
runners (and friends you'll be running with), but it goes even further than that. New to this year, the app offers a Course Camera feature that lets fans watch a live feed of their favorite runners at five key points along the course-the start, mile 8 in Brooklyn, mile 17 in the Upper East Side, mile 20 in the Bronx, and at the finish in Central Park. The
pro race livestream will also feature stats from all four pro races and live commentary from Olympians Des Linden and Galen Rupp, and Paralympian Amanda McGrory. Also included is a spectator guide so your friends and family can create an itinerary with the best directions for spotting you during the race. You can download the app through the
App Store or Google Play. As Drake would say: If you're reading this, it's too late. We're only a couple weeks out from the New York City Marathon at this point, and you should already have your accommodations figured out. After all, the Big Apple is gonna be full of you and thousands of your closest runner friends, and everyone needs a bed — not to
mention all of the friends and family traveling in for the race. If you don't have it figure out, well- godspeed and good luck. For those running in the future, we'll be sure to update this post next year for more specific travel and accommodation tips. The last thing — anyone should do is try to drive their car into New York
City ahead of race day. As if driving in New York wasn't bad enough, race day will bring road closures and extra crowds into the equation. With that in mind, it's time to rejoice at the fact that NYC has some pretty solid public transit options. We travel from Baltimore, so we're huge fans of Amtrak, which drops us off at Penn Station, which is about as
central of a location as you can get for Manhattan. If you're traveling by plane, know that both JFK and LaGuardia may be a decent drive to your lodgings. Keep a separate budget for your Uber rides. Of course, what's great about NYC is the wide array of transportation options. Uber, Lyft, and old school taxis are all obvious options for above-ground
travel. However, the easiest (and cheapest) way to get around is most certainly the subway. If you've never traveled on public transportation in NYC, it can be a little intimidating, but the system is honestly quite simple and Google Maps easily integrates it into your options. Then there's bike shares and e-bikes, but use at your own risk- it gets a little
wild on those Midtown streets. If you've never traveled to a major marathon (or any marathon), there's a few key things you need to know. We covered this in our Boston Marathon Guide, but we'll do it again here. We've made plenty of
mistakes, but we've learned a lot. The number one rule of destination races is this: DON'T LET YOUR RACE GEAR LEAVE YOUR SIDE. That means, you put your $275 race day shoes in your carry on, or around your neck, or down your pants (if that's your thing).
waterproof bag or something like the Nike Shoe Box bag or the Mudroom Running Backpack, just to keep them separate.) This goes for anything you need on race day- nutrition, hydration bottle, socks, singlet, etc. There is nothing worse than stressing out about your essentials the day before your big performance. It's an unnecessary and it's easily
preventable. Also, if you fly more than once a year, just get TSA Pre-Check. It lasts for 5 years and it's well worth the convenience factor, even it does feel like some sort of luxury tax scheme from the federal government. Nike Shoe Box Bag 12L Mudroom Backpack w/ Separate Shoe Storage In many ways, the New York City Marathon is just a
celebration of your months of hard work. You've already put in the miles, and there's plenty of fun to be had the day before the race itself — and by fun, we mean shakeout runs. Granted, you're running a marathon on Sunday, so as exciting as all these events may be, you really only want to pick one or two. Here's where we pitch our shakeout run
with New Balance on Saturday morning at 10 a.m. Let's be real, it's going to be the best event of the whole weekend, so just be there. As for everything else, we'll let Jess (former NYC resident and 9x finisher of the race) make sure you're thinking of everything else, we'll let Jess (former NYC resident and 9x finisher): If you haven't realized this yet, you're in for a real treat: Daylight
Savings Time ends at 2 a.m. on the day of the marathon, meaning that yes- you get an extra hour of sleep. Or an extra hour of tossing and turning, depending on your pre-race nerve levels. But before we even get to that point, here are some tips that I've learned after running the race nine times. I promise you, if you'll do these things you'll have a
(relatively) stress-free weekend. MAKE A PLAN/SCHEDULE FOR THE ENTIRE WEEKEND. All caps and all bold because I mean it. Do not leave it until the last minute to figure out the following details: > Where the expo is (Jacob K. Javits Convention Center, Halls 3B, 3D, and 3E, at 11th Avenue at West 36th Street) and when you should pick up your
bib (see all the details here) > How to get to your designated transportation on race morning. Will you take an Uber? Are you going to walk to the buses in Midtown? Are you going to take the subway to South Ferry/Whitehall for the Staten Island Ferry on race morning? Figure all of this out well in advance. > Do you want a checked bag waiting for
you at the finish? Figure this out and if you do, you must drop your bag at the bag drop in Central Park no later than Saturday afternoon. That means you probably don't want to check your phone? Are you going to leave it at home/the
hotel and find a way to get home with no cell phone once you're finished? I know. It's a lot to decide. But you have to figure it out now. I'm leaning towards running with no phone but I have my morning commute locked in. It might not be smart to travel alone with no phone. Do you have the gear you need to run with your phone? Keep in mind,
hydration bladders or backpacks are not allowed in the starting area, so you're looking at a running belt, pocket, or bra as your options for phone transportation. > Where/what/when will you eat throughout the weekend? Have it planned in advance. Every meal. Decide where you're going to eat the night before the race, as well as the
afternoon/evening afterwards. Especially if you're traveling with friends or family and looking to go somewhere special- get your reservations in now. New York City is an exciting but exhausting place to visit. Carry water and snacks on you at all times so you can sip on hydration and avoid depleting yourself before race day. (Somewhere Meg
Featherstun is reading this and clapping!) DON'T OVERTHINK YOUR PLAN JUST BECAUSE SOMEONE ELSE HAS A DIFFERENT ONE. Yes, all caps again because I mean it. In my opinion, this marathon in particular can be one of the most overwhelming and intimidating marathons, and I'm not even talking about the marathon itself. This is a major
marathon in a major city that requires high level organization, planning, and logistics. There are many ways to plan. Just because someone has a different plan than you, do not assume their plan is better. Make your plan. Make sure it works for you. Then study it and stick to it. New Balance 180v13 NYC Marathon Edition New Balance I'm Here For
Pizza Tee NICK (NYC Resident): Firstly, have a plan beforehand and give yourself ample time to make your way over to the start line can feel like a marathon all in itself, depending on where you're staying the night before. If you plan on taking the Ferry over to Staten Island, then be prepared for
long queues for the buses at the ferry terminal. I've heard a few horror stories from last year of some runners having to wait almost 2 hours to get on a bus after getting off the ferry. So I would advise everyone to make your way over to the start as early as possible no matter what your start time is. Lastly, save a little extra cash for those NYC
souvenirs. Running brands will have (or already have) a unique selection of one-off gear just for the marathon. Whether that's a marathon jacket or a custom NYC singlet, make sure you grab special to remember your accomplishment. Of course, planning on getting to the start and away from the finish are major marathons all in themselves, so let's
dig into all that. MEGHANN (Sports Dietician): With the later start times for the NYC marathon, we want to plan out our pre-run nutrition so we don't get to the start line with a growling stomach that's ready for a full meal of lunchtime food. Plan to eat twice before your race. You will be awake 5+ hours before your marathon start time with the
commute into Staten Island. Plan to eat your first breakfast as soon as you wake up. This breakfast should include 50-100 grams of carbohydrates, plus some protein and fat. This could be one large NYC bagel and a big scoop of peanut butter, washed down with a serving of your favorite sports drink. If you are in the two latest waves, you may want to
think about something even more substantial like an egg and cheese on a bagel, and a banana. You've eaten one breakfast and you are heading on the bus or ferry for Staten Island. Make sure to pack your second breakfast, which you will eat 2 hours before your start time. Eat what you normally eat pre-long run. This will be another 50-100 grams of
carbohydrates with minimal added protein or fats. If you normally eat 6-7 graham crackers before a long run, pack your sleeve of graham crackers before a long run, pack another bagel and banana. Don't forget to pack a bottle of your favorite electrolyte drink to sip during your wait time in Staten Island. Pro tip: Make sure you adhere to the prohibited item
guidelines: No glass containers, coolers, bottles over 1 liter, or any bags that are not clear are allowed in the start area. In Staten Island, there will be water, Gatorade Endurance, Science in Sport Protein Bars, coffee, tea, hot cocoa, and bagels- while supplies last. Don't bank on this for your second breakfast and please don't try anything new on race
morning! During the race, on course fluid stops start at mile 3 and are almost every mile until mile 25, with the exception of miles 5, 7, and 9 which do not have a fluid stop. In other words, runners have 20 opportunities to take water or lemon lime Gatorade Endurance on the course. The water on course is Flow Alkaline Spring Water. No matter
what anyone says, this is just normal water and will not cause cramping or GI issues on course. This water will work just fine. If you prefer to carry your own electrolyte drink, do it. But, the NYC marathon does not allow packs with a bladder inside. You can, however, carry a vest with flasks in the front. If you want to skip the crowded fluid stops,
consider carrying your own handheld bottle filled with your favorite electrolyte drink and tossing it when it is gone. You've probably used it for a few training cycles and got your money out of it. The fluid stations get slightly less crowded after the second half. Be sure to carry your own fuel with you! The marathon does not provide gels until miles 12
and 18. If you want to finish with a smile on your face, make sure you are fueling early and often with your favorite gel or chews. Start fueling at 20-30 minutes into the race and keep that fueling cadence up until the end. Pro tip: Get creative with your fuel includes waist belts, shorts pockets, handheld or
hydration vest pockets, tucked into arm sleeves, safety pinned to the waistband of shorts, in pockets of a sports bras. Don't be afraid to stuff an extra fuel or two in case you need more on race day or drop one in the shuffle. The gels available on course are Science in Sport. They have orange, lemon-lime, tutti frutti, and
tropical. They also offer a caffeinated option, which contains 75 mg caffeine and is citrus flavored. Make sure you know which ones you're grabbing. If you're into real food out there on the course, there will be bananas available at miles 21 and 23. And of course, random food and/or alcoholic beverages from strangers (maybe not great for a PR). To
sum it up, in order to crush your NYC marathon, plan for two breakfasts: One as soon as you get up, and the other 2 hours pre-race. Make sure to pack all your race fuel and hydration in a clear bag and stash that away when it's go time. Fuel early. Fuel often. And, most importantly- have a blast out there. Maurten Gels Maurten 320 Mix JESS (9x
Finisher): Layers, layers, and more layers, and more layers, and more layers, and more layers. If you're planning now, you can go through your commute to the start and long wait time at the Athletes Village. If you're traveling to NYC and don't want to overload your suitcase, hit up Goodwill or TJ
Maxx for some cheap throwaways that you can put in the donation bin just before the start. There are donation bins in the corrals and along the way on the long walk from your corral to the start line. Pro tip: Do not toss everything especially if it's cold. You will have lots of chances to strip down to your race gear so don't start tossing layers until
you're at least in your corral. Make sure to stay warm all the way up to the start. ASHLEY (6x Finisher): Bring a portable charger/cord you don't mind throwing away to Staten Island-you'll be sitting there for hours, and this allows you to use your phone freely without stressing about draining the battery. Lots of layers so you don't waste any energy
starting area for a long period of time. Check the weather and make sure to have throw away layers (pants, sweater, hat, gloves, etc) to keep on as you wait to start, maybe even a disposable poncho and old sneakers to wear in the starting area just in case of rain. Throwaway Gloves $12 (3-pack) Nip Guards $22 (20 pair) ROBBE: Depending how you
feel about waste, consider buying an inflatable raft or inner tube from Five Below and bringing it to the Staten Island field. This will give you a comfortable spot to relax before the race, and a nice alternative to the cold, hard ground. We saw some people doing this last year and thought it was pretty genius. But then again, you will be buying a plastic
ASHLEY: Don't freak out about starting slow on the uphill of the Verrazano, you'll make up all that time without expending any extra effort on the steep downhill in mile 2. Runners are divided into three color groups at the start of the race: orange, blue, and green. The courses vary slightly in the first 5K, and the runners are still separated through
with the crowds & energy in Brooklyn) but try your best to start off slow. As everyone probably already knows or has heard by now, NYC is not the flattest or fastest marathon course out there. There will be plenty of hills/inclines, especially in the later miles of the race. The first couple of miles tend to be very crowded so try not to use up excess
energy by weaving around other runners. Verrazano Bridge (it doesn't look so bad, right?) JESS: Don't overdo it in Brooklyn. Fort Greene (Mile 8) is a party and the vibes are high. The crowds are roaring and the DJs are turned up to eleven. Enjoy it. Soak it in. Just be mindful of how you're spending your energy and the pace you are trying to hold
Brooklyn is full of energy from the minute you step off the Verrazano Bridge all the way until you head to Queens. Make sure you're not overdoing it too early, you still have over half the race to go as the halfway point is just before you exit Brooklyn. ASHLEY: Overall, Brooklyn is relatively flat and fast (especially considering the second half of this
race). As Jess said, don't get tricked into pushing the pace here. If you PR the first half, you will hate the final 10 miles, I learned this the hard way (multiple times). NICK: Once you enter Brooklyn it's pretty much a straight shot up 4th ave all the way to mile 8. This is the part of the race where you definitely want to conserve energy and get into a nice
comfortable pace. Miles 8-10 tend to be some of the loudest miles of the race so definitely take in the energy of the crowds but still try to stay at that comfortable/conservative pace Ironically, after passing mile 10 the atmosphere almost immediately changes and you enter into one of the quietest sections of the race, as you run through the very
Orthodox Jewish neighborhood of South Williamsburg. This is a good time to regroup and prepare yourself for the next bridge as you make your way towards Queens. Queensboro Bridge is good at showing who properly trained for a marathon ASHLEY: There are five bridges—the first one is the steepest but the third one is the grueling
Queensborough Bridge at miles 15-16. It comes at a tougher part of the race, and there are no spectators. Take your time with it and maintain effort if not pace on the uphill, using the quiet as a chance to regroup and mentally set yourself up for success in the last 10 miles. Pro tip: Don't worry about pace on the Queensboro Bridge. Use gravity and
the cheers of the crowd coming off the bridge (they call this "the wall of sound" because the crowds are like 10 people deep) to pick up the pace as you head down to First Avenue. JESS: Do not let negative thoughts creep in on the Queensboro Bridge (Mile 15). There are no spectators allowed here. It can feel long and daunting. Slow down if you
need to conserve energy, but try to keep moving forward. Focus on getting off the bridge! First Avenue will be waiting for you with lots of cheering and strong crowd support. If you're suffering on this bridge, encourage the other runners around you. Bring the morale up by cheering for others and soon you'll be surrounded by high energy and good
vibes. Some of us were having fun in 2022 ASHLEY: People may tell you the Bronx isn't as crowded with spectators as other parts of the course, but that's definitely changed in recent years—you've got several run clubs waiting to welcome you into the borough, and their energy (and dance music) is an awesome boost as you approach mile 20. NICK
keep in mind that 5th Avenue is a long gradual incline, even if you don't notice it at first. The good news is that the crowds are absolutely insane, so at least you'll feel that energy as you get closer to the finish. ASHLEY: I agree with Nick: I think First and Fifth Avenue is a long gradual incline, even if you don't notice it at first. The good news is that the crowds are absolutely insane, so at least you'll feel that energy as you get closer to the finish. ASHLEY: I agree with Nick: I think First and Fifth Avenue is a long gradual incline, even if you don't notice it at first. The good news is that the crowds are absolutely insane, so at least you'll feel that energy as you get closer to the finish.
and you're basically on a steady grind of a climb for the rest of the race. First Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectating, have them go to First and Fifth Avenue is rough. If you have friends/family spectation is rough.
St. The crowd is definitely a little thinner between 23 and 24, so this is a great spot for a boost from spectators. It legit feels that good to cross the finish Wave to the cameras, these photos are worth buying ASHLEY: When you enter Central Park, you feel like an Olympian thanks to the crowds, and you've got a nice downhill to take advantage of for a
bit. But- don't forget that you have to leave Central Park with just about a mile to go before re-entering closer to the finish line; cell phone service is terrible and there's a ton of walking involved just to get out of Central Park. Like, seriously, you have to walk over a half mile
to get out of the park at West 77th Street. Then you have to walk another half mile the whole way back down the West Side just to get to the Family Reunion area between West 63rd Street and West 66th (you can meet them
there. If you're meeting people after the race, stick to the West Side of Manhattan! It's nearly impossible to find cabs, and few will attempt to cross over to the East Side due to marathon-related traffic. Staying put for celebrations is your best bet (otherwise, plan on taking the train—but know you'll have to navigate lots of stairs). NICK: Have a plan
before race day on how you're making it back to your hotel or meeting up with family/friends. I would suggest against taxi or Uber because a lot of the streets in Manhattan will still be closed and the ones that are open will most likely be gridlocked. If you're not staying in Midtown or somewhere within walking distance of the finish, then hands-down
your best bet will be the subway. However, as someone who has been dealing with the MTA/public transit since I was in high school, the best advice I can give is to expect the unexpected. The MTA loves to re-route trains and do track maintenance (especially on the weekends) so I would advise to go onto the MTA trip planner website the day before
the race to see what trains are running and which ones you will need to take back to where you are staying. Pro Tip: Buy a pre-valued Metrocard before race day so you don't have to deal with long lines in the stations post race. The less standing the better. The finisher blankets really come in handy for the mile-long walk afterwards JESS: Do not
make a sign that says "YOU'RE ALMOST THERE" unless you plan on standing at Mile 26. Do not cross the course. Especially in Central Park. Runners are tired, working hard, and be extremely mindful of the runners around you. Pro tip: If you're
spectating, tell your runners which side of the road you will be on so they can have a better chance of finding you. Make sure to use Runner's Left or Runner's Right so it's coming from their perspective and will know exactly what you mean. ASHLEY: If you have friends spectating and you want to see them a couple of times, have them start in
Williamsburg around mile 11; from there, they can easily get on the L train and switch to the NQR which goes up to the Upper East Side. Once they see you on First, they'll be able to run/walk/bike west just a few blocks to catch you
before you enter Central Park around 90th St. The crowd is definitely a little thinner between 23 and 24, so this is a great spot for a boost from spectators, some of the most popular places for spectators, some of the most popular places for spectators, some of the most popular places for spectators.
friends in the crowd as you are racing. If your friends or family are familiar with getting around the city on the subway, some less crowded areas to spot them would be on 4th Avenue in Brooklyn (Bay Ridge & Sunset Park neighborhoods) or miles 13-15 in Queens. The New York City Marathon will go down as one of the most exhilarating moments of
your life. There's just nothing that can compare to the absolute madness of the crowds and the collective energy of 60,000-plus runners as you run through all five boroughs in the most iconic city on planet Earth. The entire experience overwhelming, almost to the point that you'll appreciate the solitude of the Queensboro Bridge. But you will never
forget this day and all the work you did to get there. Have fun, work hard, finish strong, and make some memories along the way. The New York City Marathon is scheduled for Sunday, 2nd November 2025. This means that if you start your serious training in the second week of June, you have exactly 16 weeks to prepare for the NYC Marathon.
Almost four months of training for the New York City Marathon is more than enough time to train, even if you're a beginner with only a little running experience so that all you have to worry about come race day is crossing that
finish line... Let's have a look at... Let's begin! The length of time it takes to prepare for the NYC Marathon guide just for you. For runners who have
some experience or loads of experience or loads of experience, the table below depicts the weekly training Hours Training Hour
Marathon: 4hrs45Sub 4:30 hour12 Weeks6:21Sub 4:30 hour Marathon PlanHave run 10km: 51min- 21km: 51min- 51mi
Weeks6:08Sub 3:30 hour Marathon PlanCapable of running one of the below times AND have been following at least a 5-day-a-week regime in the recent past.- 5km: 18:30- 10km: 38:30- 15km: 59:30- 21km: 1:25:30- 42km: 3:05-3:10Sub 3 hour12 Weeks8:45Sub 3-hour Marathon Plan Now that we know how long your training is going to take, let's
calculate when you should start training... The date at which you should start training for the NYC Marathon depends on your level of experience and time goal. If you are following the couch to NYC Marathon training you should have started training 48 weeks ahead of race day, which was December 03, 2024. The reason for such an early head start
is that runners doing the couch to NYC Marathon would first start with a 5km training plan. Not everyone has the luxury of doing this in an ideal way, you can get ready for the marathon in 48, 36, and a minimum of 24
weeks. Experienced runners should start their training at the latest 12 weeks before race day. (August 11th) This does depend on what training you are currently doing. For example, if a runner wants to finish the NYC Marathon in under 4 hours but has not run a sub 2 hour Half Marathon before then they should first do a sub 2 hour 21km training
program, which will add on an extra 12 weeks of training. With that being said... I think it's time we have a look at how you should go about training for the NYC Marathon. Training for the NYC Marathon Training Broken Down Easy Runs
Long Runs Nutrition Rest Days Time Trials Strength and Conditioning Cross Training Tapering Easy training runs help you add weekly volume to your running plan. By easy we mean EASY. You should be able to hold a conversation with someone next to you and not be struggling to get a breath in at the same time. Most Coach Parry plans have 2 or 3
easy training runs to do a week. Long runs are vital to you completing the New York City Marathon. The purpose of a long run is to achieve several outcomes, the most important is to develop your endurance to supply energy and oxygen to working muscles over longer distances. The long run, therefore, plays an important role in improving running
economy. Long runs teach us to be on our feet for a long time and they physiologically prepare us for going longer distances. They also allow us to experiment with different nutrition to find out what works best and what doesn't work for our stomachs. The longest run 3-4 weeks from race day is one of the most important runs to help prepare you
mentally and physically for the NYC Marathon. A marathon training diet should be well-balanced and include whole grains, fruits, vegetables, protein, and an adequate amount of Micro and Macronutrients. Once you start training you may notice that after a morning of training... you struggle to keep your eyes open come lunchtime and by mid-
afternoon, you've made your way to the couch for a much-needed nap. One of the reasons you feel fatigued and sleepy after a tough morning of training is that your nutritional intake after that morning's training session is not what it should be. A majority of the fatigue is from the training but a big portion of that can be alleviated by improving your
nutrition. If you're interested in learning about what your marathon training nutrition plan should look like, chat with Nicki de Villiers our Sports Nutritionist. Nicki graduated as a dietitian at the University of Pretoria and completed a postgraduate diploma through the International Olympic Committee and has a master's degree in dietetics. She has
been working in the field of dietetics for around 20 years and has been concentrating on sports nutrition for the last 14 years. She started working at the High-Performance Centre at the University of Pretoria around 10 years ago. Nicki currently works as a private consulting dietitian at her own practice in Hatfield. Nicki consults for various Premier
Soccer League teams, professional rugby teams, the Comrades Marathon Association, and individual athletes at all levels. Work with her here. Rest days are as important as training we have done during
recovery so without recovery, you won't get the full benefit of your training for the marathon. With our training plans, rest days are included in your schedule and placed on specific days where you will get the most benefit from them. For example, rest days are placed
strategically around time trials, interval sessions, and long runs so that you can benefit fully from the training you are doing. Consistency is important... Even when it comes to rest. Allowing yourself time to recover after your runs is what makes it possible for you to come back better adapted-for your next run. Time trials are scheduled every four
first is for injury prevention, and the second is to improve your running plays an integral part in the Coach Parry training philosophy and that's why we include our Strength and Conditioning plans as part of the training program. Read more about the importance of
strength training here. Note: You can get strength training plans anywhere, there are plenty of options on Google... But it's not just about technique is vital and at Coach Parry, we're massive advocates of strength training. We've put together this free strength
training plan for runners that you can do once a week, at home and with no expensive equipment needed. You can access it by clicking here. When we run, we hit the ground hard, which results in eccentric muscle contractions. Our muscles contract while they lengthen in order to act as shock absorbers and protect bones and joints. Cross-training is
a great way to increase your cardiovascular workload and load the muscles without eccentric loading (high impact), meaning less damage to the body. Examples of great cross-training options to include in your training for the NYC Marathon include: Swimming (Revealed: How To Swim Your Way To Becoming A Better Runner) Cycling (Cycling To
 Run FASTER: How To Use Your Bike To Become A Better Runner) Elliptical Rowing Yoga Tapering refers to the practice of reducing volume leading to an important competition. It is one of the most important aspects of your NYC marathon training
Tapering is in essence reducing mileage, it is vitally important for full recovery from training and for peak performance. The idea of the taper is to keep you ticking over with some training stimulus. Your body is so used to training, but we're also trying to freshen you up and make sure that you are as strong as possible come race day. These 8 aspects
that make up your NYC Marathon training may seem like a lot to take in at first... That's why we have created a proven, step-by-step 12-week marathon medal around your neck in the time you are chasing. Our team will ensure you arrive at the start line, fit, and
most importantly injury free.....to give yourself a shot at achieving your NYC marathon journey. Training, recovering, tapering, and race day. With our wide range of plans to choose from, you can pick a training plan based on your current running
experience, the amount of time you have available for training, and your NYC Marathon goal. Let's have a look at what the New York City Marathon training plan includes... To help you achieve race day success, this plan has been carefully thought out and trialed, and tested by hundreds of runners over the last 18 years... The Coach Parry 12-Week
NYC Marathon Training Plan Includes: Daily Training Sessions - Every t
There are plans for all abilities so if you've never done S&C or a marathon, we've got you covered - Warm-up routines and stretching plans are also included. - No need to go to a gym or buy expensive equipment. Everything can be done at home. Big Picture Planning - See how each training session fits into the overall NYC Marathon Training
Roadmap. - Analyse your training data within the plan so that you can see how you are responding to the overall training. - Know exactly when and how long your long training Plan: Click Here Finishers New York City Marathon
Training Plan: Click Here Sub 4:30 hour NYC Marathon Training Plan: Click Here Sub-4-hour NYC Marathon Training Plan: Click Here Sub-3-hour NYC Marathon Training Plan: Click Here Sub 3:30 hour NYC Marathon Training Plan: Click Here Sub-3-hour NYC
experience, and even your physiology. In one study, they found that tapering can improve your time by 5.6%. If we look at this percentage in terms of the New York City Marathon, that is the difference between a 3hr20 and a 3hr31! As a guideline when tapering for a marathon, the shortest taper should be no less than 10 days, with the longest
period of three weeks. We recommend a three-week taper where you gradually decrease your mileage leading up to race day. We wrote this article to tell you exactly What a Marathon Taper Should Look Like. The journey ahead of you is one you will never forget. Remember to stick to your training program as much as possible. Yes... That includes
the rest days and enjoying every session knowing that it's one step closer to the New York City Marathon finish line. Ps. This is an article you don't want to miss: New York City Marathon Route: The ESSENTIAL Course Guide The New York City Marathon finish line. Ps. This is an article you don't want to miss: New York City Marathon Route: The ESSENTIAL Course Guide The New York City Marathon finish line. Ps. This is an article you don't want to miss: New York City Marathon Route: The ESSENTIAL Course Guide The New York City Marathon finish line.
Boston, London, Berlin, Chicago, and New York City). The course starts with a steep ascent up the Staten Island side of the Verrazano Narrows Bridge followed by a steep descent down to Brooklyn. Although the bridge is the biggest "hill" on the course, the remaining miles provide runners little respite. Rolling hills and additional bridge crossings
challenge marathoners all the way through the last winding miles through Central Park. Smart, conservative pacing (especially early in the race) can make the difference in feeling great as you enter Central Park or suffering the dreaded "marathon shuffle" during the last stretch. Moreover, composure and patience are crucial attributes in a
successful race through the five boroughs. There is no better way to enjoy the marathon than to run a well-executed race that leaves you exhilarated at the finish line. In this article, we'll provide a breakdown of the course as well as tips to ensure that you correctly pace yourself to a great New York City Marathon finish. Breaking Down the Course
16-20: First Avenue Mile 20-23: Bronx and Fifth Avenue Mile 23-Finish: The Last 5K The rolling New York City Marathon course challenges runners of all abilities. The Verrazano Narrows Bridge is the tallest and longest "hill" on the course challenges runners of all abilities.
largest marathon in the world, your adrenaline is likely flowing as the starting gun is fired. You've put it months of hard training and you are ready to run. However, don't let your body dictate your pace over this two-mile opening stretch. With the thousands of other runners around you, it is difficult to create a frame of reference for the course profile
one of two scenarios. If you are near the front, you may be able to open up your stride and reach your goal pace fairly quickly. If you are in this group, you will see them in the late stages of the race, hobbling to the finish because of their over-aggressive pace
in these first two crucial miles. If you are farther back in the wave, you will likely walk over the start line or start to slowdown. Similar to the runners in the previous group, you'll see runners pass you as they waste energy weaving in and out of
the crowds in a panic to pick up their pace. Resist the temptation to join them and just let them go. The wasted energy used to gain only a few dozen yards will be sorely missed later. Your goal during the first 0.8 miles to the high point of the bridge is to remain relaxed and not push the pace. Once you reach the top, you'll need to resist the temptation
to speed down the downhill portion to make up any time lost off your goal pace. If you do find yourself behind your goal pace remember that you have 24+ miles to slowly get back on track. Don't try to make it all up in the next few miles in Brooklyn
 and a few memorable miles in Queens. This section consists of a few smaller nills and two bridge crossings. None of them are particularly steep or long (except the last bridge), but the elevation changes will keep coming throughout this section and set the tone for the rest of the race. As you come down the verrazano-Narrows Bridge and enter
Brooklyn, you'll be immediately greeted by very large, cheering crowds. You realize quickly that you're not just running a race, you are smack in the middle of a spectacle in perhaps the greatest race in the world. Resist the temptation to respond to the crowds with an adrenaline-fueled surge in pace. Others around you will let pride get the best of
them, puffing out their chest and quickening their pace. Unfortunately, like those charging up and down the bridge at the start, they will pay the price later in the race. Keep the effort even and comfortable through Brooklyn. Don't surge up the hills or sprint down the back sides. Think about even effort. If you found yourself behind pace after the first
couple of miles of the race, start taking small bits of time (just a few seconds each mile) out of that deficit during this section. You can still make up a minute on your goal pace by more than a minute entering Brooklyn, you may want to stick to your goal
pace the rest of the way and adjust your finish time goal accordingly. Sometimes we can't control the logistics of large races and have to adjust goals accordingly. The Brooklyn and Queens section introduces runners to the rolling hills of the New York City Marathon course. You'll be most challenged by two bridges and one hill in this section. The first
is a half mile long hill on Lafayette Avenue from mile 8 to 8.5 that rises approximately 50 feet. The next "hill" is the Pulaski Bridge at just about to 8.5 that rises approximately 50 feet from the base at about a 3.5% slope. The most significant incline you'll face is the Oueensboro Bridge at the end of this section. The elevation gain from
the bridge and the incline leading up to it is 120 feet over just short of a mile. Once you enter the bridge, it will be eerily quiet since no spectators are allowed here. However, it won't be silent for long. The Queensboro Bridge is another area where runners (many of them New York City Marathon veterans) push the pace too hard and too early. Many
runners who have run New York before subconsciously pick up the pace here in anticipation of what they know is on the other side. Stick to your pre-race pacing goal and enjoy the relative calmness before the storm. Coming off the Queensboro Bridge
and coming onto First Avenue, you'll once again be met with enormous cheering for you, but not cheering for you to ruin your race. Enjoy the experience of coming off the bridge, hearing the crowds and
seeing the mass of fellow runners, but remain calm and control your pace - you still have 10 miles to go. First Avenue is another danger zone. Along the approximately 3.5 mile section are huge crowds (they do thin as you get closer to the Bronx). In addition, most of this section is slightly downhill or flat. Again, composure and patience will get your
through this part of the course. There is still a lot of course to cover, so don't push hard yet. You've got a long, straight stretch through this section. Since there are few turns and it is downhill to flat, it's a great time to get into a rhythm and maintain your pace. If you still are making up small bits of time from a slow start, continue this strategy along
this section. Let the crowds push you through, but not too much. If you've controlled your pace and resisted charging up and down the 20 previous miles of hills and
bridges, you will be ready to tackle the remaining two sections of the course. You'll run over the last two bridges as you enter and leave the Bronx. You won't spend much time in the Bronx, but the time you do spend is different from the last few miles spent on the loud, straight, downhill First Avenue. The crowds will thin (but are still very
enthusiastic) as you cross the Willis Avenue Bridge into the Bronx. You'll experience some more bridge crossing (138th St. Bridge) leaving the Bronx. You'll need to stay focused here as the crowd and terrain changes. A lot of spirits have been broken along this mentally challenging section. After you leave the Bronx via
the 138th St. Bridge, you'll face a very gradual uphill as you race down Fifth Avenue toward Central Park. The last 5K. Runners will have to conquer a few more hills during the last 5K. The last 5K of the New York City Marathon takes
runners along Fifth Avenue and through the rolling hills of Central Park. The crowds will swell as you navigate the last inclines. It's time to be mentally tough and make your final push. It's also time to soak in the spectacle that makes the New York City Marathon one of the most special race experiences you'll ever have Luckily the longest of the hills
here is also the first. Starting about a quarter mile 23, this hill rises approximately 80 feet, cresting just past mile 23.5. Really, it is not that steep. However, at this stage in the race, it is generally considered the toughest hill on the course and can seem like climbing a mountain. After this hill, the course has a few smaller, but challenging,
hills to the finish. If you're capable, finish strong and pick up the pace the last few miles can be tough physically and mentally. You've
been running for hours, your legs are heavy, and it takes more physical effort to maintain your pace. Your mind keeps telling you how easy it would be to slow down, walk, or even quit. It can be beneficial to play mind games to get you through the last stages of the New York
City Marathon, but other races as well. I Promise: Choose a landmark down the course (a light pole, tree, volunteer, etc.) and make a deal with yourself that you will maintain your pace until you at least reach that point. Once you reach it, immediately choose another landmark and maintain your pace to that one as well. Keep breaking the remaining
distance into these small segments and vow to keep your pace just until you reach them. This strategy can help break the course down into smaller achievable segments when faced with the enormity of the last few miles. Roping the Competition: Tie an imaginary rope to a runner a few yards in front of you and pretend to pull yourself up to them.
Once you reach them, put a surge in and pass them with purpose. Then tie that imaginary rope to another person in front of you and pull yourself up to them. By "pulling" yourself to them, you mentally move toward them and down the course closer to the finish. The more you can use your imagination to dissociate, (lasso runners, slingshot between
two, etc.) the less your focus is on your suffering. Hill Chopping: If you find that the last few hills are getting the better of you, try to "chop" them down. When you come to a hill, don't focus on the top of the hill. By keeping your
focus away from the top and changing your focus to your stride and cadence, the hill will come down a lot faster. Home Course Advantage: Think about your training runs. For example, if you have two more miles to go in the race and are thinking about how far that seems, imagine the last two miles your most common training run course. The image
of those familiar last two miles (and how easy they usually are during training) can help lessen the dreadful thoughts of how long the last two miles of a marathon can seem. On race day, running the correct pace is the single most important factor in achieving your goal time. This is especially true for the New York City Marathon given the challenging
course. Surprisingly, many runners line up on race day without a solid race plan or a way to follow it. Why put in months of dedicated training only to waste it by not planning your marathon pacing strategy? Pace Bands can help runners stay on the correct pace based on the terrain of the challenging New York City Marathon. Developing a good
marathon pacing strategy is often difficult for both new and experienced runners. Fortunately, we've done the work for you with our New York City Marathon and created pacing strategies based on peer reviewed research, advice from running experts, and analysis of the
actual race paces from runners who have successfully met their time goal on the course. You can tailor your course elevation profile
on the back of the band to ensure you know what the course looks like ahead. Whether you are looking to set a Personal Record, qualify for the Boston Marathon, or just have an enjoyable marathon experience, our course breakdown, pacing strategies, and common pitfalls can help you achieve your goal. Enjoy the race - there are few that can match
the experience of running the New York City Marathon. ©2023, All information contained herein is the sole property FindMyMarathon.com. FindMyMarathon.com. FindMyMarathon.com reserves all rights and privileges regarding the use of this information. Any unauthorized use, such as distributing, copying, modifying, or reprinting, is not permitted. To obtain permission
to reproduce or distribute this document contact info@findmymarathon.com for information about reproduction or distribution services. Anyone getting ready to run the NYC Marathon needs to read this post! It's everything I wish I'd known in advance to have the best day possible. Even as a running coach there were lessons to be learned and each
race is a little different. The NYC marathon course in particular has some really key points to know! Hopefully these few key pieces to help make life easier. Once you start to realize how long it takes to train for a marathon, I hope you've started looking at the right plan! Going in to the NYC Marathon, I had a lot of questions about logistics
surrounding the start and the finish and everything in between! It turns out many of you have the same questions, so while I can still remember all the details I thought I would share some answers and some NYC marathon course tips to help you out. This has been updated since I ran in 2013 to reflect any changes I've noticed when our athletes run,
but most of it remains the same! That's part of why we love this race right? Tradition! It holds steady. NYC Marathon Tips With any race, I have a few standard recommendations for our athletes: Try not to walk around a ton before the race. Save it for post race Have your pre-race dinner and morning of meal with you or planned out, so you know it's
food you tolerate Don't get sucked in to driving the course. :) It's going to take forever and absolutely freak you out. Following are addition tips and tricks from all of the Run To The Finishing Hills While it's great to have rolling hills throughout your long runs, you absolutely want to be ready for the final set of hills.
This means: plotting out long runs that finish with hills including both short hill sprints and long workouts utilizing varying inclines if treadmill training practicing how you control yourself on the downhill running to not burn out the quads You will only gain 810 feet over the course of 26.2 miles, BUT that can
feel like a lot when you're working so hard (or haven't trained for hills). Luckily you get an equal amount of downhill running. #2 Marathon Expo Many expos are not like they used to be. BUT NYC seems to buck that trend which could mean a lot of extra time on your feet. We don't want that remember? Which means if you want to enjoy it all (and I
do), try to go on Thursday or Friday! Then you can grab your New Balance themed shoes, talk to some of the cool folks on hand like Bart Yasso and go back to your bib. But know the expo is open to the public and will be very crowded. The NYC Marathon Expo is held at: Jacob K.
Javits Convention Center, Halls 3B and 3E, 11th Avenue at West 35th Street. #3 Plan Well Ahead for Your Start Line Arrival Nothing is worse than the nightmare that you've missed the start...other than actually missing it. One of the very cool and frustrating things about the NYC marathon is the starting area on Staten Island. It's incredible sharing
the area with so many fellow hyped up runners, but it takes a little work and planning to get there. This is one time where staying near the start isn't the big win we often look for. Transportation to the Start Line One of the things you want to consider is total time on feet. I saw many runners at the London marathon on their feet walking for a lot of
time pre-race between the train, finding the right stop, then walking through the large start area. Staten Island Ferry to buses - roughly 90 minutes Metlife Stadium - roughly 60 minutes There is NO start line parking Private drop offs can be done - roughly 1/2
mile from starting area and must be done by 7AM No matter which option you selected or which departure you are going to have a lot of time on you'll like be there by 7:15 at the latest. #4 Start Line Area NYC Marathon Tips A few key things you may not know and tips to utilize the
time well. Bag Check Bags cannot be checked at the start line! You must pre-register and drop your bag off the day before the race. You may only bring in things in the clear bag provided at the expo. Hydration bladder, no packs with a
large back area. They DO allow running betts and handheld running betts and handheld running betts and portable speakers are explicitly listed as
prohibited on course. Whether it will be enforced, who knows. Sit Down Don't waste tons of energy standing around. You're about to run 26.2 miles and get in to your corral. Take Throw Away Clothes The likelihood that it's going to be chilly is
very high. So remember that if you now need to sit around for hours, you are going to get chilled. Shivering again is going to waste energy. Bring throw away gloves so you can even wear them the first few miles Reuse a mylar blanket from a previous race Bring hot hands! Absolutely cover your head to keep in the heat Bring an old blanket and old
clothes - things get picked up and donated afterwards Bring Your Food While there are some supplies from Gatorade to bagels available in the starting area, we don't want you do be stressed about finding it or ensuring there's still enough left. With such a long gap between the time you wake up and the time you run, you must continue fueling. Keep
sipping on electrolytes Eat a bagel and nut butter, especially if you have a later start In the final minutes before you start take in an energy gel or waffle or some high carb, quick sugar energy I love this chart from Featherstone Nutrition as a reminder that with the late start you're going to need breakfast, a snack and your start line gel. Corrals Once
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you get in to your corral, know that it could still be awhile before you cross the start line. Try to contain your nerves and energy. If you're bouncing around, well again you're wasting energy. NYC Marathon Course Strategy NYC requires it's own special strategy when you are thinking about pacing. It's not just the massive bridges or the late hills, but the energy levels from crowds that can throw you off your planned pace. Know that the course is going to feel very crowded from start to finish. That means a lot of holding yourself in check to not weave around people and add a lot of distance to your race, as well as not getting caught up in anyone else's pace. Mile 1-2 You'll be starting going up a bridge that's a 3-4%, so embrace this as your time to take the first mile appropriately slow! Know that you are even 60 seconds slower than goal pace it's ok. If you start out too fast on an uphill you are expending far more energy than starting out fast on a flat. Control yourself. We call that a warm up, which leads to feeling stronger for longer. You will find that time back on some downhills. Miles 3-15 Now you're in the heart of the course and will start to hit some of the BIG crowds. I am one of the many who let that excitement push me way past my goal pace...it hurt so bad by mile 20. Do NOT be that person. Stay right at or just slower than your

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goal pace. When running the bridges think about maintaining the same level of effort on the up and the down, this evens out pace without overtaxing you. Fuel early and often is the motto of sports nutritionists. Take that first gel 30 minutes in and keep going This section is quieter and rolling hills. Keep checking in with yourself on total effort and
stay close to your goal pace, no overshooting it or trying to make up time later Remember to smile - it legitimately changes your body response and helps Miles 16- 20 First you're going to get a downhill and then a long straight path. Without all the turns this allows you to dial in to goal pace and just keep focusing on maintaining the same effort level.
Coming off the Queensborough bridge you'll suddenly hear the massive crowds and this is where you must keep yourself in check. I mean the energy is PHENOMENAL. But overrunning at mile 16 is going to cost you at mile 20 when you start hitting some additional hills. Miles 21-26.2 This is why you've been saving yourself. There will be hills in the
final section and if you haven't over raced, you'll have the power left in your legs to hold on to goal pace. Mile 23-24 is almost all uphill. So the goal here is to maintain your effort and remind yourself there's a nice downhill reward once you reach the top. Then you'll be making the turn in to Central Park. These are going to be rolling hills that will feel
a bit harder on tired legs. But you've got the crowd and the knowledge that the finish line is close to keep pushing you onward. NYC Marathon FAQs Answering the top questions I received from you wear headphones? Yes. While you will see a note they are
prohibited by World Athletics, this is not enforced for the masses. However, you still need to be aware of all the people around you want to hear the crowds, so keep the volume low. Do you really get peed on if you start on the low bridge??? I swear this has to be myth. I was one the lower bridge and you don't enter it until everyone is running.
The likelihood of anyone stopping within the first 10 feet of the race to pee, particularly with tons of cameras and helicopters flying by them is very unlikely. Now right after the bridge, put on your blinders unless you want to see a mass of men whipping it out along the walls. What was the start security like? When we arrived to Fort Wadsworth for
the start there was a VERY long large line for all runners to go through before getting to any corrals. Cops were checking for bibs, ensuring you had only the clear plastic bag and winding everyone who passed through. Lots of discarded bags, blankets, bottles and such outside because they were on the not allowed list. Wear throw away gear because
the whole security and then waiting around will have you cool down. Sit down as much as you can instead of standing for hours on end (think about how that wastes energy). READ the guide so you know what's not allowed. Are Hydration Packs allowed at NYC marathon? NOOOOOO. This caught a lot of people by surprise in past years. They are now
teaching security that vests with front flasks are ok, just no packs with a bladder. Running belts and handhelds are ok. Because flasks are usually 20oz or less, you can fill them before security with no issues. Why do they say allow 30-60 minutes for the finisher's area? It's not because you are hanging out having a party. You end up walking at least
another mile to get through the entire finishing area and then back out to where you can meet up with family and friends. It's simply a lot of people to move through and it's a slow march past medical, the photo line, heat blankets, a bag with water and snacks then much farther to any bag pick up area. What are the VIP tents? There are a number of
VIP tents and entry is given for a lot of sponsors, elites, celebrities or awesome people who are running it for the a millionth year in a row. I think maybe some tickets are sold, but hard to find. The primary benefit is NO waiting for porta potties, which is a huge deal. Additionally you are out of the cold and able to sit on a chair, so if you arrive to the
island hours before the start this an help to conserve a lot of energy. Worth it 100%. What's the expo like? Definitely one of the better expos, if you like expos...and I do! A lot of the sponsors go all out with cheer stations, places to make signs, videos and of course all kinds of gear with NYC on it. Not a lot of "specials" or deals that I could find though.
Do plan extra time since they are checking vaccinations Do not spend too long just walking around the day before the race Do keep sipping lots of water ALL day long Do enjoy every freaking second of this experience Here's a little throwback NYC marathon love. Advice from the elites? I was lucky to attend NYC with Asics, which meant that I once
again got to do a warm up run and breakfast with some amazing athletes. Here are a few marathon words of wisdom from Ryan Hall, Deena Kastor and Pete Jacobs. Happy to answer any other questions you come up with! These are just the big ones I heard a lot! More marathon day tips: Other ways to connect with Coach Amanda Instagram Daily
Fun: RunToTheFinish Facebook Community Chatter: RunToTheFinish Sign Up to Receive a Weekly Newsletter with Top Running Tips and Laughs All products featured on Self are independently selected by our editors. However, we may receive compensation from retailers and/or from purchases of products through these links. If you're reading this,
there's a good chance you'll be at the starting line of the TCS New York City Marathon on Sunday, November 4. Or maybe you hope to be one day! I called New York City home for six years, and eventually left after my love-hate with the city turned more into a strong dislike for all things urban. That said, my experience running this marathon in 2015
was the moment I fell back in love with New York. The opportunity to cover ground in every single borough and be constantly surrounded by a roar—whether crowds cheering or the foot strikes of runners nearby—turned New York. The opportunity to cover ground in every single borough and be constantly surrounded by a roar—whether crowds cheering or the foot strikes of runners nearby—turned New York.
out to a handful of other New York City Marathon veterans to collect their best pieces of advice. From resting on pool floaties beforehand to navigating the more challenging parts of the course, here are the best tips from athletes who know the New York City Marathon experience by heart, lung, and foot.1. Throw away any expectations and just get
out there."I know a lot of people get intimidated by NYC Marathon being a notoriously difficult course, but I think that makes it a great first marathon (New York in 2009) was my easiest because I didn't know what to expect and nothing hurt until it was over."—Carla Benton, a
three-time NYC Marathon finisher (2009, 2013, and 2015), book copy editor, and former Brooklynite now based in ChicagoMy thoughts: I'll vouch for that! Familiarize yourself with the course, but don't dissect it to the nth degree. Your adrenaline, training, and poise will carry you through the difficult sections—the crowd cheering you on will help,
too.2. Wait at the Staten Island ferry for as long as possible. "The runners' village at the start line is overrated. Wait in that Staten Island ferry terminal as long as possible until race officials make you get on the bus. That way you can take advantage of the heat, being indoors, being able to sit down, and indoor plumbing while you still have it."—Maria
Reinstein, a two-time New York City marathoner, NYC-based film critic, and celebrity journalist who loves to run (slowly) in her spare timeMy thoughts: Unless you're a pro runner who gets your own tent, I pretty much agree. However, I took a bus to Staten Island from Prospect Heights in Brooklyn, so didn't have the opportunity to wait at the ferry
terminal. Make sure you figure out how you're getting to Staten Island, and perhaps just give yourself enough time (but not too much!) to get near the start before it's time to take off.3. Stay off my feet, sit on my butt, and plan out the places I'm going to eat
after the marathon. This is also very helpful for all the people who are coming to watch you because you will have a meeting place post-finish line! And hopefully, it involves pizza and a drink. I highly recommend going to the Kips Bay AMC Movie theater the day before the marathon, too. They have recliner seats!"—Jocelyn Bonneau, a three-time NYC
marathon finisher, and apparel designer based in New YorkMy thoughts: Wise words. Staying off your feet the day before is a great idea. Maybe treat yourself to taking a cab or Lyft, and hydrate while you're at the movies!4. Bring a pool float to the start. "I saw a group sitting on pool toys the first year I ran NYC and now I always bring one for myself
You sit around for 2-3 hours before starting, and having something squishy to prop up against a tree and sit on is a game changer. But you can only get them on Amazon this time of year so you have to think ahead. This is what I bought last year."—Kelly Roberts, a three-time New York City marathoner, Brooklyn based storyteller, and creator of the
#SportsBraSquadMy thoughts: All I can say is I would sign up for the New York City Marathon again only to be able to do this. And P.S.: Kelly will be running this year, so look out for her and her lime green inflatable!5. Wear an extra layer that you can throw in the donation bins once you start. "The weather in New York will always be a little bit
unpredictable, but it will most likely be on the cool side. Head to an inexpensive clothing store (like Kmart or a drug store) and buy something warm like a coat and gloves that you can wear and throw in a donation box before the gun goes off. There will be plenty right next to your corral!"—Laura Schwecherl, one-time New York finisher, marketing
consultant, and writer based in Denver, ColoradoYes, this is me! I wanted to include a bit of my own advice, too—especially since I'm someone who gets anxious about being cold at the starting line of races. I also have to include this advice from Jocelyn, who says she typically gets an XL kids snowsuit at Kmart. In her words: "They are pretty cheap
and they look super cool!" You can also just wear something warm that you've been meaning to donate.6. Follow the instructions from New York Road Runners. "Follow the arrival time and corral times figured out. This prevents you from
standing around too long at the start. Oh, and at the end, hug Peter Ciaccia, if you can. Celebrate his last NYC Marathon with him. [Writer's note: He's the TCS New York City Marathon finisher (10-time marathoner), ultra runner, writer, and
speaker based in New YorkMy thoughts: NYRR does a fantastic job making this race a success year after year. They know their stuff, so take their advice seriously. There are amazing volunteers the day of, too, so use them as a resource and remember to thank them!7. Start slow so your body can warm up. "Start the race slow. Give your body time to
warm up. This, unfortunately, wasn't something I did in 2015. I started way too fast and while I set a good pace for the first 16 miles, I really struggled with the last 10. I finished in a lot of pain and needed to take some time to recover."—Dom Goodrum, one-time NYC Marathon finisher and director of product at Let's Do This in LondonMy thoughts:
Read this one again and again...and again...and again...and again...and again...and again...and lended up running out of gas by mile 20. It's hard but so important to start conservatively on this course!8. Save as much energy as you can for the second half."It's easy to run fast out the gate and get fired up in
Williamsburg, but when you're in the Bronx and the crowds die down, you'll be happy having aimed to run the first 13.1 slower and save some energy."—Kevin brings up a great point here. While the crowds in New York are amazing, there are a few
sections where the amount of people does die down. After mile 20 (usually when you start getting really tired) you're in the Bronx; the crowds up there don't compare to the wall of cheerers lining up along First Avenue in Manhattan. Be prepared to save some gas for when you're up in the Bronx and don't have as much energy to pull from the
sidelines.9. Be extra careful about pacing on the first bridge. "As you're wondering what to expect within this life-changing experience, I would tell you to watch out for the first 2 miles, also known as the Verrazano-Narrows Bridge will be the toughest you
face throughout the course. As your adrenaline is running and your heart is pumping, remember to pace yourself throughout this lengthy and steep bridge as you have quite a trek throughout the rest of the race! Another notable bridge is the Queensboro at mile 15. Remember: Trust your training, pace yourself, keep pushing forward, and smile
through the pain. Welcome to NYC!"—Jenna Fesemyer, youngest athlete in the pro wheelchair women's field and full-time undergraduate student at the University of Illinois, looking to finish her second NYC Marathon this yearMy thoughts: This advice came up time and time again, so it's worth mentioning repeatedly. Pacing yourself for the first 2
miles is key. You still have 24 miles remaining once they're over! Also, soak in your surroundings when you're on each bridge. The sights are pretty magnificent. 10. Take advantage of the quiet stretches to check in on yourself. "The race itself is lively, exciting, energetic, and fun! So first and foremost I would tell a first-timer to simply ENJOY the
experience of the crowds and everything in between on race day. The difficulty might start around the Queensboro bridge as there are no crowds to cheer you on. Use that quiet time to do a self-check-in and keep your head in the game but also anticipate the roar of cheers when you come off the bridge. The rest of the race (Mile 16+) is rolling hills
so take each mile one at a time. Let the energy of the crowd carry you home. Look out for the cheer zones at Mile 10 and Mile 21, with music and confetti and all the high fives you can manage!"—Danni McNeilly, two-time NYC Marathon finisher and administrative professional based in Brooklyn, New YorkMy thoughts: Queensboro is definitely tough
and is indeed very quiet. To stay present, try to listen to everyone's footsteps or use it as an opportunity to encourage someone running next to you.11. Make sure you have a fueling strategy."I consider NYC to be one of the most challenging courses on the [marathon] circuit. Athletes have to empty their energy tank repeatedly, from the first climb up
the Verrazano, through the Queensboro Bridge, and finally through Central Park (and all the climbs connecting those points). This makes a strategic refueling plan all the more important, ensuring optimal hydration and replenishing glycogen stores. Ideally, each athlete races with a personalized refueling strategy developed by a sports nutritionist
that addresses their specific needs. But, understandably, that's not reasonable for everyone, in which case doing a little research on general guidelines is time well spent."—Adam Bleakney, eight-time NYC Marathon finisher and head coach of the University of Illinois Wheelchair Track teamMy thoughts: I couldn't agree more. Every runner should
have his or her own fueling plan that mirrors long runs and hard workouts. While there are plenty of aid stations on the fluid tables!12. Don't forget to actually take a look around you. "There are emotional support dogs in the pens
before the marathon [specifically for runners to pet]. I grabbed a bagel and some coffee and went to pet a dog, which helped relieve some pre-race nerves. Also, keep an eye out not just for race supporters but other runners. I was blown away by how many Achilles International teams there were with blind/differently abled runners. Don't miss all of
your amazing fellow marathoners!"—Aisha Washington, one-time NYC Marathon finisher and news marketer based in New YorkMy thoughts: This one is worth writing down. The New York City Marathon finisher and news marketer based in New YorkMy thoughts: This one is worth writing down. The New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and news marketer based in New York City Marathon finisher and new York City Marathon f
laugh out loud when I needed it most.13. Be mindful about how much energy you're using. "Stay focused on the finish line in your mind; you're leaving out there on the course. Cheering, chit-chat, hugs, and high fives are often tremendously motivating but in some
sense, they're a drain on the finite reserves you have stored for the race. Use your energy wisely—with intention!"—Knox Robinson, 10-time NYC Marathon finisher, writer, founding coach of Nike+ Run Club, and captain of Black Roses NYC crewMy thoughts: This logic is really helpful. The end of this course is pretty difficult, so make sure to soak it
all in while dialing into your body, paying close attention to how it's feeling and what it needs.14. Have a meeting place set up post-race. "If you have people meeting you after the race, make sure that you pick a place far enough away from the course, but close enough that it's easy for you to get to. I made the mistake of not having that location in
place and wound up having some frustrating, tired phone calls with my family as my phone was dying and I was trying to get out of the crowd with weak legs!"—Courtney Spiller, a one-time NYC Marathon finisher, writer, and actor from New YorkMy thoughts: I wish someone had given me this advice. The finish line of the marathon can be quite
chaotic, and you might find yourself walking more than you'd like just to get your drop bag and figure out how to exit the park. I remember walking for nearly 30 minutes to find my family since we never decided on an exact place to meet. Don't be shy about leaving the finish area altogether, too. Once you've soaked it all in, the 1, A, C, and D subway
lines are near the finish, which can take you straight to your brunch reservations. At the end of the day, remember to be kind to yourself, especially when things get challenging. Not to pick favorites, but one of most encouraging pieces of advice, which is fitting for all marathons, also comes from Robinson. He reminds us that in the moments when
things get tough, we have to remember to love ourselves. "When the marathon gets hard—and it does get hard—it helps to remember that you are loved. The people who loved you before you set out on this whole crazy journey are still gonna love you when it's over. You're YOU and that's enough—that's all you need to be in the marathon...and in
life."So go out there and remember that. You're a rockstar for even making it to the starting line, and I can guarantee that no matter what happens on Sunday, you'll cross the finish line feeling exhilarated—and yeah, probably pretty exhausted. It'll be worth it, I promise. Skip to main content Reddit and its partners use cookies and similar
technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies, wou agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit may still use certain cookies to
ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Two time top 10 finisher and Team RunRun Coach Scott Fauble breaks down the NYC Marathon Course and the time to
build fitness is over. That doesn't mean you can't still get faster! Commit to a smart taper, proper carb load, then plan your race strategy like a pro. To help you do just that, I'll walk you through the NYC Marathon pro tips to
conquer your race this Fall! Professional runner and TRR Coach Scott Fauble finishing 9th at the 2022 NYC Marathon. PC: Mac Fleet The gun fires and you run up and over the giant Verrazano Bridge that connects Staten Island to Brooklyn. As you can imagine, this section goes from being super uphill to super downhill, with the added bonus being
that you're going to be crammed into a sea of runners all moving the same way. Pro tip: Don't stress, just get yourself going, find some space and get yourself over to Brooklyn. At around 2 miles you get off the bridge and enter Brooklyn. The mass of runners begins to spread out and you should have enough space to start to settle into your unique
rhythm and flow. Pro tip: For the next 10 miles, focus on running as smoothly and effortlessly as possible. Let the crowd noise carry you (but not so much that you get carried away) and allow the race to come to you. Marathon pace should feel too easy throughout these miles. NYC Marathon course map. PC: NYRR At 12.5 miles you head up the next
bridge, leaving Brooklyn behind and entering Queens. I always found this to be one of the more challenging parts of the course as fatigue starts to creep in and you can't smell the finish line yet. Add to that, the crowds let up as you move onto the bridge and it can be a little eerie going from the cacophony of Brooklyn to a relatively quiet stretch. Pro
tip: Use this as a chance to check in with your body and smile as you're about to hit the half-way mark. Relax up the hill and then use the downhill on the next few miles before you turn on the next bridge. The first half of the Queensboro bridge is
probably the hardest part of the race so far. Pro tip: Don't stress and don't push the half mile up to the top. Now is the time to demonstrate your mental strength. One mental exercise I like to use to distract myself is going through the colors of the rainbow and searching for each color on the course. When you crest the bridge at the 25km mark, take
 10 hard steps to get your pace back and then just let your legs go as you cruise down the other side. You're entering Manhattan for the first time and turning onto 1st Ave. This is the opposite of mile 12 where you go from loud to quiet. Now you are going from the silence of the bridge to the loudest part of the course. Once you get onto 1st Ave you
have one of the most fun parts of the course. The road is rolling and the crowds are awesome. Pro tip: Use the energy of the crowd and the downhill, but stay in check! It's easy to let your pace spike and lose control with all the excitement. As the road rolls on, keep your eyes up and effort dialed, remembering to enjoy yourself too! At 19 miles you hit
another bridge and exit Manhattan. I always found this to be one of the hardest parts of the course. While the hill isn't long, it's steep enough to break your rhythm. Pro tip: As you get to the top of this punchy climb, make a little push to get your pace back and really focus on staying strong through this mile. Now as you turn and head back into
Manhattan, shift your focus: it's time to start RACING! You have a couple of flat miles before you climb into the park. Pro tip: Use these miles to switch into killer mode and start picking people (and time) off. Scott Fauble racing to a 7th place finish at the 2019 NYC Marathon! Warning: huge hill approaching as you run next to Central Park! But what
goes up, must (thankfully!) go down. Pro tip: Keep your focus on racing and OFF your watch. Your pace is going to slip but you can still run aggressively. Try to catch 5 people before you take the right turn into the park. After this turn, make another little push to get you out of that slump and then relax as you cruise downhill. You've taken on board
all the prior NYC Marathon pro tips, now you are just pushing the whole way! The watch doesn't matter anymore, all that matters is cultivating positive vibes and staying strong mentally. Pro tip: Try to smile as you turn out of the park and start heading up 59th. This is the toughest part of any marathon and you have to figure out a way to look
forward to it. Maybe it is remembering all the work you've done to get here, maybe it's thinking about family, maybe it's just trying to beat as many people as possible or get to that post-race party as fast as possible! You've finished the New York City Marathon! Congratulations! Grab a banana and something to drink, and be proud of what you just
accomplished. No matter your time or finishing position, you just ran 26.2 miles! Check out this TCS NYC Marathon webpage for more helpful course-related info and FAQs. "New York Marathon PR) Scott
Fauble has joined the Team RunRun coaching roster! Scott has multiple top 10 finishes in marathon majors such as Boston and NYC, along with 3 Olympic Marathon Trial races, and is ready to help athletes take their training to the next level. Everyone's journey to completing their first marathon is unique. However, the feeling of crossing that finish
line after the dedication and commitment to hours of long, lonely runs and hundreds of kilometres on the clock is universally epic. While some of the training for your first marathon, I hope my New York Marathon training
plan and my own experience inspire you to take that first step. Emma Judd | Updated 2023Emma Judd and running partner Dee running through Central Park. She shares her NYC Marathon, you're asking? Runners can enter the New York
City Marathon via a few different avenues. There is a non-guaranteed entry drawing (the New York Marathon lottery), divided into "NYC-metro area" applicants, other "National" applicants and "International" applicants find out if they have gained entry in around February. Runners not accepted via the drawing or who simply want to help
a cause can run for a charity. For international runners seeking guaranteed entry, look into purchasing a "Marathon Package" (including flights, hotel and entry) through one of the partners, International Tour Operators (ITO). My marathon story started in January 2017. I contacted a friend who was living in New Zealand, Dee, as I thought a fit
holiday to New Zealand and taking on the Auckland Half Marathon while I was there would be a good idea. Dee had other ideas. It wasn't a complete shock, as a colleague of ours had done the New York Marathon while I was there would be a good idea. Dee had other ideas. It wasn't a complete shock, as a colleague of ours had done the New York Marathon while I was there would be a good idea. Dee had other ideas. It wasn't a complete shock, as a colleague of ours had done the New York Marathon while I wasn't a complete shock, as a colleague of ours had done the New York Marathon while I wasn't a complete shock, as a colleague of ours had done the New York Marathon while I wasn't a complete shock, as a colleague of ours had done the New York Marathon while I wasn't a complete shock, as a colleague of ours had done the New York Marathon while I wasn't a complete shock, as a colleague of ours had done the New York Marathon while I wasn't a complete shock, as a colleague of ours had done the New York Marathon while I wasn't a complete shock with a co
at the MND and Me Foundation, booked our travel and entered the New York City Marathon. Once you commit, you're all in, so book wisely and months in advance if you can; you need all the training time you can allow, especially if it's your first marathon. It's a life-defining experience. You realise what your body is capable of. The NYC Marathon is
(follow @nymarathon on Instagram). Honestly, the whole city is into the marathon vibe. It's the best. Pack your marathon vibe and necessities with you in your carry-on. How annoying would it be if your luggage got lost and you didn't have all your pre-prepared clothing, gels and other essentials to run? It would mean an uncomfortable marathon
for you. Ubers from JFK airport are near impossible to get, so suck it up and grab a cab or pre-organise another way to get to your New York hotel (Click here for New York hotel Deals). You need to pick up your race pack on either the Friday or Saturday preceding Race Day Sunday. Due to flight times, I actually didn't get in until super late on
Friday, so Saturday was my only option to visit Race Pack Collection. Where to Stay for the New York Marathon packages by country. We opted for a 3-night package that included accommodation at The New Yorker and race
day entry. Our package included accommodation up to and including race day night. Thanks to a tip from a friend who had done the marathon the previous year, we extended our stay by one night so we could have more recovery time. The Best New York Marathon the previous year, we extended our stay by one night so we could have more recovery time. The Best New York Marathon the previous year, we extended our stay by one night so we could have more recovery time.
enter as hotels book out as early as the first quarter of the year. Hotels near the finish line include The Wallace, Arthouse Hotel, the Mandarin Oriental and Lucerne Hotel. Hotels near the finish line include the Grayson Hotel and the Gotham Hotels. Search other NYC hotels below. New York Marathon Training PlanSo, you've booked your
accommodation, entry and flights. But the only quarantee you'll get to that NYC marathon finish line is through dedication to your training. As soon as you start clocking some serious kilometres, you'll realise chafe is very real, blisters are the devil and nutrition is key. The saying "If it's meant to be, it's up to me" has never been more true. Each week
you check off the training schedule is one week closer to the big day. That day will come, regardless of whether you have trained or not. Doing enough running training is important so you can enjoy the event and you'll experience New York's five boroughs in the most spectacular way that only a New York Marathoner can truly understand. How do you
create a marathon training plan? Choose a New York Marathon training plan that suits your lifestyle. The best marathon training plan is the one that works for you, your schedule and to achieve your personal goals. For Dee and I, that meant a distance-based training schedule, based on a minimum of kilometres/miles per week, which was flexible
around our work and life commitments, slowly increasing kilometres /miles in a realistic way for an approximate marathon goal time we were aiming for. While tough (and that 80 km (49-mile) week was laughable at the start), we stuck to it and it obviously worked for us. We have the medals to prove it. Set a race target time. Whether you are a
beginner marathon runner or you've run a couple of marathons, you will need to set a race target time. That will help you establish a race pace to work towards. Then, you can create a marathon training guide around those times and have a super clear goal which will carry you through the race. Join a running group. Or if you're fundraising with a
charity, join their organised sessions. A bonus is meeting the people in your city who actually like running, will be there for the long training runs, and won't bail on you. Track your pace over time. Free New York Marathon
Training Plan. This is a 20-week marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a good base level of fitness so wouldn't necessarily suit all beginner marathon training plan but I had a go
start out more slowly and build up to a shuffle. Emma is on a training run in her hometown of Brisbane. Australia. | © Dee GregoryThere isn't actually anything "bad" about marathon training as it's really exciting and such an awesome challenge. Things that are (not so) bad include: Running. All the time. Plan your weekly run schedule in advance to
make it realistic and easy for yourself. Don't leave those kilometres all to the end of the week - you'll regret it. Keep to your running plan no matter what. Even if you don't feel like running plan no matter what. Even if you don't feel like running plan no matter what. Even if you don't feel like running plan no matter what. Even if you don't feel like running plan no matter what. Even if you don't feel like running plan no matter what. Even if you don't feel like running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that's your why.Running plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matter what finish line; that it was a single plan no matt
your own company. Anyone not training for a marathon may think you are a bit nuts, so they may cancel on your 26km run date together - as appealing as it sounds. You cannot let this hinder your training. Get up and go, my friend. The road to the finish line can be a lonely one, sometimes. Chafe and blisters. The pain. Anything you can do to mitigate
pain, try it on your training runs and get into a routine. Related: 15 Stylish and Useful Travel Gifts for WomenThe road to the New York Marathon may be paved with a few solo runs, but Emma says it is worth it in the end. | © Emma JuddWhat to Wear for New York Marathon TrainingWhen it comes to New York marathon gear the rule is: New
everything. New shoes, new socks, new running belt, new water bottles, new anti-chafe stick, new lollies, new running in the New York cold), many new pairs of tights, new running shirts. But remember, nothing new on race day. Everything in the list
below should be tried and tested in your training sessions. Best marathon shoes: HOKA ONEONE were, for me, the best shoes for marathon socks: Feetures running socks. I have three pairs I love them so much. They are supportive, cushioned and comfortable. Best
marathon running belt and water bottles: Fijpbelt. Yes. You will need a running belt to carry all of your things. It may seem super nerdy or super serious runner person, but you'll learn to love it. I even take mine on shorter runs now - it's super convenient. Best anti-Chafe Stick: Body Glide. Don't even think. Just buy it and use it wisely. This anti-chafe stick:
stick saves bodies. Best marathon hydration gels and nutritional support: I'd recommend trying a few running gels and electrolyte tablets on your training runs. I personally liked these brands; but none were as comfortable or anti-chafe as 2XU
compression tights. I wouldn't run without them now. Best Marathon top: Just wear something you are comfortable in and make sure you have training in (nothing new on race day). I wore a
singlet, compression running tights, sports, bra, hat/visor, running belt (carrying water, lollies, salt tablets, gels), a neck warmer and running gloves (optional), shoes and socks, warm clothes that you are happy to donate to charity (you remove these just before your start time). You will also need a bib number and pins, a running watch and an old
towel or rug you can sit on while you wait (and you are happy to leave behind). The Marathon CountdownSooner than you know, you'll be on smooth sailing to event week. This is where you'll test your New York Marathon training plan. All that hard work is about to pay
off. Next thing you know, you'll be boarding a plane bound for New York City. When you get to New York, you'll be super excited and super exhausted, so hopefully you can get a good night's sleep. When you get to New York, you'll be super excited and super exhausted, so hopefully you can get a good night's sleep. When you get to New York, you'll be super exhausted, so hopefully you can get a good night's sleep. When you get to New York City. When you get to New York City.
recommend sitting in on a race rundown session, grabbing a wristband for the pace you're aiming for and planning your course family meet-ups and photo ops using the neat tools they have available. Use the opportunity to race plan with your running buddies; where will you stop for toilet breaks, and nutrition breaks, decide whether you're happy to
run together or not, etc.On race day, it's easier for a runner to find a family member in the crowd rather than the other way around - so try to note what your race kit and pack your clear bag to take to the start line (you get an option of taking a
bag for collection or getting a post-race cape. Choose the post-race cape and only pack what you need or you can throw away) and make your breakfast for the next morning. 5 pm: Early carbohydrate-load dinner. I highly recommend Italian and we ate at Basso56 which was delicious. 7 pm: You'll be excited but go to sleep with your phone and watch
on charge.Read Next | The Ultimate New York City Christmas Holiday ChecklistEmma and Dee waiting to start the New York Marathon. Image © Emma JuddNew York Marathon Race Day ScheduleThe New York Marathon Race Day ScheduleThe New York Marathon.
(oats/bananas etc), get dressed (including anti-chafe gel + sunscreen)6 am: Bus to Staten Island. The line is huge but it will move quickly. Remember, the authorities are trying to move 50,000 people across New York City to one tiny island; be patient and stay with your crew. You may want to opt for a ferry transfer, depending on where you are
staying.7 am: You'll arrive on Staten Island, go through security check-in, find your Carousel and Gate and then pick a spot to sit for a few hours as you begin the waiting game for your start time. Use this time to keep hydrated, eat, use the bathroom (the lines are long for the toilet), relax, and take photos (some professional photographers will be
around so keep an eye out to get a pre-race snap).9 am-11 am: Go time. Your time will be called over the loudspeaker, and you will head to your carousel/gate and move in ready for your start time. The American National Anthem will be played and the countdown...3, 2, 1 and you're off!You'll be able to download the New York City Marathon Route
Map here in the lead-up to race day. The NYC Marathon should be on every runner's bucket list. Image by Dorothee HubnerWhat is Like to Run the New York Marathon First, you head up and over the Verrazzano Bridge leaving Staten Island behind as you move into Brooklyn. I remember Brooklyn being super exciting. But settle in, it's a long hike of
the straight road coming up. While the route has signage at each mile. Australians, you get a kilometre sign every 5 kilometres, so it's a bit of a mind game as to how far you've gone. Pace yourself and don't feel like you need to sprint - you want to make it to the end after all. I recall the water stations being quite slippery, so careful where you step. But
make sure if anything that you stick to your nutrition and hydration plan! Even if you're not "thirsty" have a sip to keep you going until the next station (which is at every mile from the 3-mile mark onwards). Take it all in - the atmosphere is like nothing you'd ever experienced before. People are cheering your name (because it's on your bib), singing
and dancing. The whole of New York has come out to support you. You'll run all five boroughs of New York - Staten Island > Brooklyn > Queens > The Bronx > Manhattan. When you hit 5th Avenue, it will hurt, but you're running the New York Marathon, Channel that excitement and use the adrenaline and push to Central Park. When you step into
Central Park, you know you're going to make it; you're going to cross that finish line but don't wish it away. Look around, smile at the crowds - wave, sing, dance, high-five people. All of that training is about to pay off. You'll round the corner with 1km to go. Get ready to look up to the cameras as you run it in (not down at your watch). You've just
finished the New York Marathon. Give me that medal. Take your selfies, get a lot of photos and enjoy the moment. For professionals, the 26.2 miles of the New York City Marathon. Image © Emma JuddAfter the RaceIf you thought the
kilometres were over, you were wrong. When you do a marathon, it feels like it's almost another marathon to get back to your hotel room. The streets are closed, so you're directed out the long way. On the way, you'll see big letters of the
alphabet lining the streets - a good option to meet your family and friends. Follow the "blue ghosts" (you all look like ghosts in your blue capes haha) and then make your way back to your hotel. We were super lucky to stay where we did as it was a relatively short walk compared to others. Do not check out of your hotel the next day. Plan to sleep in
go and get a late breakfast at an awesome New York breakfast spot. Wear your medal around NYC with pride. Everyone does, and everyone will be yelling congratulations your way when they see your medal around NYC with pride. Everyone does, and everyone will be yelling congratulations your way when they see your medal. It's so cool how much New York Marathon
again? In a heartbeat. It's magic. An experience I will not soon forget. Read Next | The Best Healthy Brunch Spots in New York CityEmma proudly showed off her NYC Marathon medal. Image © Emma JuddThe gym is pretty much Emma's home away from home and she's obsessed with anything health and fitness. Emma plans her holidays around gym
or some form of exercise, has a new found love for flexible eating and is absolutely, 100% a morning person. Emma works in marketing and enjoys discovering healthy treats at various cafes on foodie adventures around Brisbane, Australia and beyond. Www.instagram.com/emajudd/ If you entered the lottery for the 2025 New York City Marathon and
recently got your acceptance email, a charge on your card, or read "accepted" in your New York Road Runners account, first—congrats! This iconic World Marathon Major is known to bring next-level excitement to the 26.2 miles. With eight months to go until race day, you're probably thinking you have plenty of time to map everything out, including
your goals and training plans, as well as booking travel and lodging. While yes, you have some time, there are still plenty of things you don't want to procrastinate on when it comes to planning your NYC Marathon weekend and race day. Here, three seasoned coaches who have each raced this famous marathon themselves break down what you should
be doing to get ready right now for the race through the five boroughs in November. The RW Guide to Mastering the Marathon is one that is known for drawing everyone from seasoned marathoners chasing big time goals to
beginners who have never run a single race before, let alone 26.2. Either way, you definitely don't want to start from zero in terms of training when it's time to buckle down for your marathon-specific training when it's time to buckle down for your marathon-specific training cycle, which will typically start in July, says Jason Fitzergald, a USATF level 1-certified run coach based in Denver, Colorado. "There is no
 'couch-to-marathon' training plan and you really don't want to wait to build your long runs to the point that you're eight weeks out from your marathon and only doing a 10-mile long run," he says. "You have to train for the training, so put premium on a consistent long run in the double-digits mileage-wise to ensure you've created the foundation that
is necessary to begin marathon training." The Importance of Building a Running Base 2. Find Your Training PlanAccording to Fitzgerald, the more advanced runner you are, the less time you need in your marathon-specific training cycle because you're likely running a fair amount already anyway. But if you're a new marathoner, take more time to
gradually build your mileage for your long runs, which means choosing a longer training plan. "You want to devote to training, whether it's 12 or 20 weeks," Fitzgerald says. "I kind of think of the 4th of July as the 'go live' date for New York, where you have your last summer hurrah before
getting focused on your training," says Kaitlin Goodman, a USATF level 2-certified run coach and professional runner. "You can map out your training and plan accordingly with any summer travel."3. Book Your Accommodations Figuring out where you want to
stay is definitely one aspect of NYC Marathon planning that you don't want to procrastinate on, as any major event will cause popular options to go fast, says Angie Knudson, a New York City-based RRCA-certified run coach for New York Road Runners (NYRR). Think about whether you want to stay close to where you'll catch the bus to Staten Island
in Midtown, near the Staten Island Ferry, or near the finish line. "I would stay closer to the finish line as opposed to the start line, personally, as after the race is when the crowds and road blockages can make things a little more chaotic," Knudson says. "This will help you get back to your hotel more quickly to rest, recover, and reset yourself." Now is
also a good time to research restaurant reservations and book something if you find a place that will take a reservation this far in advance. Don't wait until race weekend to try to nail down your pasta dinner, especially if you want to eat on the earlier side, as most runners will. According to Fitzgerald, most runners could benefit from working with a
run coach to train for the marathon. So while it's pretty easy to find training plans online these days, it may be a good idea to seek out an individualized program. "If you've struggled with improvement in the past, or if you're a runner who's doing a marathon for the first time and are pretty unsure about how to train and have a lot of questions about it,
you're a good candidate for a coach," he says. "If you've also struggled with injuries and haven't been able to get through a marathon cycle without any niggles, a coach can help identify any red flags in your training and build some prevention strategies into your training as you get ready for the marathon." It's also a good idea to start researching
coaches now because many will have waitlists and may not have the bandwidth to take on new clients closer to the race, Goodman adds. "A coach can not only keep you accountable in terms of sticking to your training, but they can also help make your training fit within the context of your life, whether you're working a family, or have
other non-traditional scheduling needs," she says. "Having someone else validate what you're doing and evaluate whether it's appropriate for your goals and possibly help you even dream a little bit bigger," is helpful during training. Why You Should Hire an Online Running Coach5. Race a 5KIf you don't have a specific goal time in mind but know you
want to run a strong race in New York, Fitzgerald recommends spending the next couple of months doing a short, speed-oriented cycle to train for a 5K, which is something most marathoners typically don't do." As long as you're maintaining a good double-digit long run (consistently running 10 to 15 miles on a weekly basis), [racing a 5K] is going to
make you a stronger runner and it's going to help ensure that you start your marathon training cycle at an appropriate level," he says. After racing your 5K, Fitzgerald recommends taking about four to 10 days off to recover depending on how tired or fatigued you may feel and then embarking on that 12- to 20-week marathon training plan. How to Pick
the Right 5K Training Plan6. Find a Marathon Tune-Up RaceBoth Fitzgerald and Goodman recommend finding a long-distance race (such as a 10-miler, half marathon or 25K) to race anywhere from four to eight weeks before New York. The reason for this is that it can help you not only practice a racing strategy and serve as a pretty good indicator of
what you can do in the marathon, but it can also serve as a dress rehearsal for the big day. "This will not only give you a really good benchmark and some data points of where your fitness is right now, but it also gives you race experience," Fitzgerald says. "Racing is a skill and it's always good to practice it so you get a bit more comfortable being
uncomfortable and planning for an early race morning and ironing those details out."Even though your tune-up race will be several months away at this point, now is a good time to research races and potentially find one that will mimic New York's hilly terrain. Not only that, but you're also much more likely to get a better price on the registration fee
the further out you sign up. The 2025 Marathon and Half Marathon Calendar 7. Take Advantage of Local Training OptionsNew York Road Runners, which can really put you at an advantage to familiarize yourself with the race course, in addition to
getting to know fellow runners, Knudson says. These services include supported weekly group training classes and long runs, as well as storage options at the NYRR Run Central Park in Brooklyn, and Astoria Park in
Queens. If you're not in NYC, you might also consider looking for a running Group and fellow marathoners who you can train with, so you're not always clocking miles solo (unless that's how you prefer it!). Start Your Own Running Group and fellow marathoners who you get into the heart of marathon training, prehab and strength training are some
things that can easily fall by the wayside, Goodman says. While these are good habits to maintain in general, they can especially help you come into a challenging course like New York's with a bit of an extra edge. "Now is a good time to establish those good habits, especially if this is your first marathon," she says. "If you want to be a durable runner,
spending this time in the spring building your aerobic base and getting strong can help you come into July ready to roll." If you're completely new to strength Workouts for RunnersThe 6 Beginner Exercises, nail strong form, and build up to lifting weights. The Best Strength Workouts for RunnersThe 6 Beginner Exercises for Runners9. Prepare for HillsAccording to
Goodman, it's never too early to get your body used to running hills, so if you live somewhere with hilly terrain, you should start including it in your routine now, as the more you run hills, the better conditioned you'll be for the challenging inclines spread throughout New York's course, like up and over the bridges, as well as a slow and steady incline
on Fifth Avenue, around mile 23. "Now is the time to map out some routes that challenge you in different ways and put some hill strides into your week," she says. "You can also do some of your long runs on a hillier route than you might normally include." If you don't have any hilly routes near you, it may be worthwhile to invest in a home treadmill or
a gym membership to be able to run on one, Goodman adds. "It's a really rude awakening to arrive to New York if you haven't trained on hills," she says. "The bridges are no joke and running marathon pace on a flat course is very different from running marathon pace up a bridge." Everything You Need to Know About Running Hills10. Don't Get Tied
to a Time Goal Right NowGoodman generally doesn't give the athletes she coaches a targeted goal time until a week or two out from their race. Not only is it important to see how training plays out and determine what is truly realistic, the reality is that some expectations will likely need to be adjusted based on some variables outside of your control,
such as the extremely hot weather New York experienced last year. "Where you are right now, stating a specific goal time can seem really scary, but once you put the training, that goal will hopefully become achievable over time, as you put the work in and get more confident," Goodman says. "But if you do have a goal in mind right now, it's okay
for it to sound a little intimidating, as that's a healthy respect for the marathon."How to Avoid Injuries When Marathon TrainingTo Run Better, Care LessEmilia Benton to Runner's World, she has contributed health, fitness and wellness content to Women's
Health, SELF, Prevention, Healthline, and the Houston Chronicle, among other publications. She is also an 11-time marathoner, a USATF Level 1-certified running coach, and an avid traveler.
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