

THE DO'S ✓ AND ✕ DON'TS OF MARATHON COACHING



DO:

- ✓ Plan and implement sufficient rest days.
- ✓ Find ways to supplement running workouts without overusing their muscles.
- ✓ Offer encouragement and motivation to help them along.
- ✓ Offer them a source of accountability in maintaining proper diet and hydration.
- ✓ Have them get permission from their doctor before beginning.
- ✓ Coordinate with their running coach if they have one.

DON'T:

- ✕ Push them to the point of injury.
- ✕ Give workouts that conflict with their running schedule.
- ✕ Encourage them to bite off more than they can handle in terms of workouts.
- ✕ Ignore small injuries that can become big issues down the line.