**My Marathon week notes**

Drink a bottle of sports drink every day this week, 1 before the race

Eat no later than 6:30 night before ...steak, fish n chips my favourite with 1 glass wine

carb load this week eat even if not hungry.

Casual runs this week Tuesday/ Thursday no more than 5 miles, 2-3 miles on Saturday

**don't forget**

rennies, paracetamol ( 1 of each before the race ), piece of dark chocolate.

 gels for day 6 max , beet-it ( beetroot juice just before bed night before and in morning ).

smile and have fun!