FORTÉ

PLATINUM SPONSOR

RACE-WEEK TIPS

FEEL YOUR BEST ON RACE DAY

UST TRIVANDRUM MARATHON · SUNDAY 15 NOVEMBER 2026

01 Rest your legs

Keep runs short and easy. At the expo, collect your bib, then rest rather than spending hours on your feet.

02 Sleep well all week

Aim for 7 to 8 hours every night this week. Nerves can cost you sleep the night before, so bank it early.

03 Drink to thirst

Drink steadily through the day and to thirst. Forcing down extra water can dilute your blood sodium.

04 Eat what you know

Stick to familiar, carb-rich meals. Skip anything new, fried or greasy, and keep dinner light the night before.

05 Try nothing new

Wear shoes, socks and kit you've already run in. New gear can mean blisters; new snacks, an upset stomach.

06 Respect the heat

November is warm and humid here. Wear light, loose kit, a cap and sunscreen, and start easier than you feel.

Unwell before race day?

Fever, chest congestion, a hacking cough, an upset stomach or widespread aches: rest, don't race. Just a runny nose? Go easy.

Unwell on the course?

Dizzy, faint or very nauseous? Stop, move to shade, sip cool fluids and ask race staff for help. Confused or can't drink? Get medical help at once.

General wellbeing guidance, not medical advice. If you have a health condition or are unsure, check with your doctor before race day.