

Best Marathon Prep Plan

12 WEEK PROGRAM TO GET YOU READY FOR
YOUR NEXT RACE!



INCLUDES WORKSHOPS ON

- FUELING AND HYDRATION STRATEGIES LEAD BY NUTRITION EXPERTS
- GUIDED RUNNING PROGRAMMING
- WEEKLY STRENGTH CLASS AND ONE ON ONE ANALYSIS WITH AN EXERCISE PHYSIOLOGIST

Contact Us
Call us at 646-501-7109 or email
sportsperformancecenter@nyulangone.org to
schedule an appointment.

NYU Langone
Orthopedic Center
333 East 38th Street, 5th Floor New
York, NY 10016

What's Included:

Kick off the program with a one on one running assessment! This will guide your training program by identifying the specific areas for you to work on for warm ups, strength and crosstraining as well as defining your individualized running program!

Running Analysis

We record a high-definition video of your running from the front, back, and sides, and then use motion analysis software to determine how your running mechanics affect your performance.

Aerobic Capacity Test (VO2max)

The aerobic capacity test (VO2max) tells you the maximal rate at which your heart and lungs are able to provide oxygen to exercising muscles, and how much work your muscles are able to do while using that oxygen as the primary energy source. It is the leading indicator of aerobic fitness and health status. Following testing, you'll learn just how efficient you are at using energy supplies for a long run, ride, or swim. You'll also discover which energy systems you need to work on to improve your performance.

Lactate Profile

The lactate threshold test can help you perfect your training by determining baseline fitness and training zones to improve performance, and by tracking your training program efficacy. This will define your zone2 , tempo, threshold and interval training zones.

Personalized Programming

Each participant receives a detailed summary and analysis of the above test results and an extensive report with thorough, customized recommendations based on range of motion, stability, mobility and strength needs as well as biomechanic cues and drills.

Join us for interactive seminars on training programming, progressions and injury prevention as well as fueling, hydration and race day prep!

Enjoy weekly strength and conditioning classes to build a strong body for running efficiently, safely and successfully!

Experts will take runners through a research-based exercise program to target key muscles and joints proven to improve running mechanics and economy. This small group training will incorporate strengthening exercises, conditioning drills, and running form instruction.

Classes: Tu/Thu 7pm