

Marathon Seminar

Nutritional Preparation



Get expert advice on how to balance nutrient intake, hydrate effectively and fuel your training for an optimal race performance at your fall marathon.

Thursday, August 1st

6:30–7:30 pm Presentation
7:30–7:45 pm Q&A

Available online for all

Speaker

Nicole Lund, MPH, RDN
Registered Dietician, NYU Langone's Sports
Performance Center

Topics

- Preparation for marathon week and race day fueling and hydration
- The keys to proper recovery
- How to prevent hitting the wall during long runs

RSVP

To register, email sportsperformancecenter@nyulangone.org #ComLect2024