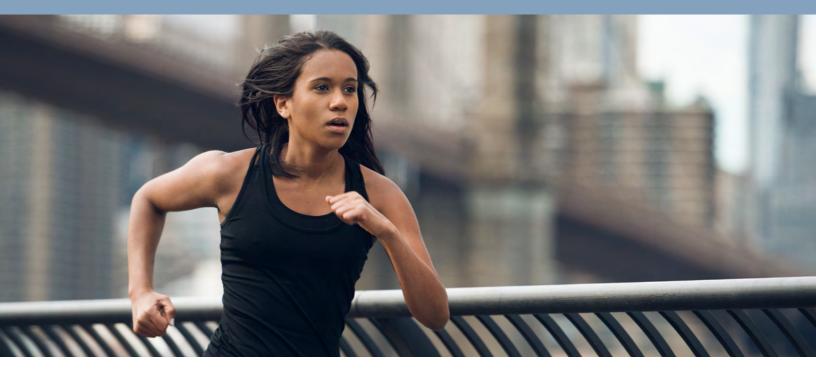


Sports Performance Center Free Health Event

Marathon Training How to Achieve Your Personal Best



Topics

- How to prepare for the New York City marathon, and other distance running events
- Stages of an effective training program
- Progression of training volume and intensity
- How to balance nutrition intake for success
- Hydration and fueling techniques for training

Thursday, June 27th 6:30–7:30 pm Presentation 7:30–7:45 pm Q&A

Available online via Zoom

RSVP sportsperformancecenter@nyulangone.org #ComLect2024

Speakers

N'Namdi Nelson, CSCS Senior Exercise Physiologist NYU Langone's Sports Performance Center

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