

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
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