# MY FIRST MARATHON

# 5 Marathon Mistakes That Led To Injury (or made it worse)

**#1** Jumping into a new training block too quickly/before you're ready

**#2** Ignoring your gut when something feels off

**#3** Not seeing a PT (specifically a running-specific one) sooner

**#4** Trusting a training app plan too much instead of adjusting based on experience

**#5** Rushing back into running during the training block before fully healing

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