BORDERLESS RUNNER · RACE-WEEK BOOKLET

SAM

LONDON MARATHON

Sunday 25 April 2027

FROM	ARRIVE	START	GOAL
New York	21 Apr	09:35 local	3:30:00

INSIDE

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RACE-TRAVEL PLAN · SAM

LONDON MARATHON 0425

NEW YORK		LONDON
UTC-4	+5 h east	UTC+1

ARRIVE	RACE DAY	GOAL PACE	BODY CLOCK
21 Apr	Sun, 25 Apr	4:59/km	80% adjusted

AT A GLANCE

TRIP	DAYS BEFORE RACE	TIME SHIFT	START
20 Apr to 27 Apr	4	5 h east	09:35 local

NOTE

For 2027 only, a two-day event: runners are assigned to Saturday 24 or Sunday 25 April. Set your race date when you plan.

- Arriving by Tue, 20 Apr would give your body clock time to fully adjust.
- Start shifting your sleep 3 days before you fly.
- Collect your bib at the Running Show in the days before.
- Race morning starts at 06:35 local.

RACE WEEK, HOUR BY HOUR

Sleep, light, meals, training and travel in one schedule, in London time. Move things to suit you; keep the order.

TUE, 20 APR

—	Training: 6 km easy before the flight
—	Travel day: eat and sleep on London time once you board
19:30	Flight departs JFK for LHR

WED, 21 APR

07:35	Land at LHR
08:05	Get bright light: from waking to 11:00
08:35	Breakfast or brunch on local time
12:30	Lunch
15:00	Training: 20 to 30 min easy shakeout in the afternoon to loosen up after the flight.
18:30	Dinner
21:00	Wind down: dim the lights and put screens away
22:30	Bed

THU, 22 APR

06:45	Wake up
07:00	Get bright light: from waking to 11:00
07:30	Breakfast
09:00	Training: 30 min easy + 4 strides
12:30	Lunch
18:30	Dinner
21:00	Wind down: dim the lights and put screens away
22:30	Bed

FRI, 23 APR

06:45	Wake up
07:00	Get bright light: from waking to 11:00
07:30	Breakfast
09:00	Training: Start carb loading. Easy 20 to 30 min, or rest.
12:30	Lunch
18:30	Dinner
21:00	Wind down: dim the lights and put screens away
22:30	Bed

SAT, 24 APR

- 06:45 Wake up
- 07:00 Get bright light: from waking to 11:00
- 07:30 Breakfast
- 09:00 Training: 15 min shakeout
- 12:30 Lunch: the main carb meal of the day
- 18:00 Early, familiar dinner
- 21:00 Wind down: dim the lights and put screens away
- 21:30 Bed: lay out your kit first

RACE DAY · SUN, 25 APR

- 06:35 Wake up. Drink water straight away.
- 06:50 Breakfast you've tested in training, about 3 hours before the start.
- 07:35 Leave for the start. Trains from London Bridge and Charing Cross to the start areas. Check this year's race-day travel offer.
- 08:35 Arrive at Blackheath and Greenwich. Toilets first, then bag drop.
- 09:05 Into your start pen. Throwaway layer on until the last minutes.
- 09:35 Start (exact time depends on your wave).
- 13:05 Estimated finish, The Mall.
- 13:50 Recovery snack and drink: carbohydrate plus protein
- 15:00 Shower, then a short walk to loosen up
- 19:00 Celebration dinner: this is the night to try the local food
- 22:00 Bed

MON, 26 APR

- 06:45 Wake up
- 07:30 Breakfast
- 12:30 Lunch
- 18:30 Dinner
- 21:00 Wind down: dim the lights and put screens away
- 22:30 Bed

YOUR TRIP, DAY BY DAY

Times are local unless they say home time.

3 DAYS BEFORE YOU FLY
Sat, 17 Apr

- Bed 22:00, wake 06:00 (home time).
- Get bright light soon after waking; dim the lights in the evening.
- Keep training easy and normal.

2 DAYS BEFORE YOU FLY
Sun, 18 Apr

- Bed 21:00, wake 05:00 (home time).
- Get bright light soon after waking; dim the lights in the evening.
- Keep training easy and normal.

DAY BEFORE YOU FLY
Mon, 19 Apr

- Bed 20:00, wake 04:00 (home time).
- Get bright light soon after waking; dim the lights in the evening.
- Pack race kit and shoes in your carry-on.

TRAVEL DAY
Tue, 20 Apr

- **Your training: 6 km easy before the flight**
- Flight JFK 19:30 → LHR 07:35 (next day).
- Set your watch to London time when you board.
- Drink water steadily, go easy on alcohol and caffeine.
- Walk the aisle and do ankle circles every hour or so.
- Try to sleep on the plane if it is night in London.

ARRIVAL
Wed, 21 Apr

- Land at LHR at 07:35.
- Stay up. Get outside in daylight for a few hours.
- 20 to 30 min easy shakeout in the afternoon to loosen up after the flight.
- Eat meals at local times and go to bed at a normal local bedtime.

3 DAYS TO GO
Thu, 22 Apr

- **Your training: 30 min easy + 4 strides**
- Easy 30 min with 4 to 6 strides.
- Walk or ride your race-morning route to the start.

2 DAYS TO GO
Fri, 23 Apr

- Collect your bib at the expo; keep the visit short and sit down when you can.
- Start carb loading. Easy 20 to 30 min, or rest.

DAY BEFORE THE RACE
Sat, 24 Apr

- **Your training: 15 min shakeout**
- 15 to 20 min shakeout with a few strides, or rest.
- Lay out kit, pin your bib, charge your watch and phone.
- Familiar, carb-rich dinner; bed early.

RACE DAY
Sun, 25 Apr

- **Your training: London Marathon**
- Start 09:35 from Blackheath and Greenwich. Follow your race-morning schedule below.
- Goal 3:30:00: 4:59/km. Go through halfway in 1:45:00 or a touch slower.
- Finish, refuel within an hour, keep warm.

DAY AFTER THE RACE
Mon, 26 Apr

- Walk or gentle spin to recover; eat and rehydrate.

FLY HOME
Tue, 27 Apr

- Flight home LHR 11:00 → JFK 14:05. Be at the airport by 08:00.
- Keep moving on the plane; your legs will thank you.

YOUR FLIGHTS

Times are local at each airport.

GETTING THERE

FLIGHT	ROUTE	DEPARTS	ARRIVES	FLYING TIME	CLOCK CHANGE
–	New York (JFK) → London (LHR)	Tue, 20 Apr 19:30	Wed, 21 Apr 07:35	7 h 05 min	+5 h

- **JFK to LHR:** sleep from about 00:30 to 06:00 London time (5 h 30 min); eye mask and earplugs help.
- You land at 07:35 local, which is 02:35 at home. London Heathrow Airport is about 32 km from London centre in a straight line. Trains from London Bridge and Charing Cross to the start areas. Check this year's race-day travel offer.

GOING HOME

FLIGHT	ROUTE	DEPARTS	ARRIVES	FLYING TIME	CLOCK CHANGE
–	London (LHR) → New York (JFK)	Tue, 27 Apr 11:00	Tue, 27 Apr 14:05	8 h 05 min	−5 h

- Be at London Heathrow Airport by **08:00** on Tuesday 27 Apr: airlines usually advise 3 hours before an international flight. Allow for the ride from your hotel on top.
- You fly about 46 hours after you finish. On long flights soon after a hard race, wear compression socks, walk the aisle every hour and keep drinking water. If you've had blood clots before, ask your doctor before you book.
- Whole journey home: 8 h 05 min. Your body clock then needs about 4 days to readjust at home; get daylight at the times you'd normally be up.

Airport names and time zones from OurAirports (public domain). Check times with your airline before you travel.

YOUR TRAINING

Your own schedule from your coach or app, in the weeks before and after the race.

3 WEEKS TO GO

Sun, 4 Apr	Long run 29 km easy
Tue, 6 Apr	8 km easy + 6 strides
Thu, 8 Apr	3 × 3 km at marathon pace

2 WEEKS TO GO

Sun, 11 Apr	Long run 22 km, last 5 km at marathon pace
Tue, 13 Apr	8 km easy
Thu, 15 Apr	2 × 4 km at marathon pace

RACE WEEK

Sun, 18 Apr	Long run 16 km easy
Tue, 20 Apr	6 km easy before the flight
Thu, 22 Apr	30 min easy + 4 strides
Sat, 24 Apr	15 min shakeout

RACE DAY

Sun, 25 Apr **London Marathon**

THE WEEK AFTER

Wed, 28 Apr	20 min walk or easy spin
Sat, 1 May	First easy run, 20–30 min

2 WEEKS AFTER

Tue, 4 May	30 min easy

This sample shows an example schedule. In your own plan you can upload yours.

RACE MORNING

Worked back from a 09:35 start. Adjust to your wave time once it's confirmed.

- **06:35** Wake up. Drink water straight away.
- **06:50** Breakfast you've tested in training, about 3 hours before the start.
- **07:35** Leave for the start. Trains from London Bridge and Charing Cross to the start areas. Check this year's race-day travel offer.
- **08:35** Arrive at Blackheath and Greenwich. Toilets first, then bag drop.
- **09:05** Into your start pen. Throwaway layer on until the last minutes.
- **09:35** Start (exact time depends on your wave).
- **13:05** Estimated finish, The Mall.

PACING

Even splits for 3:30: 4:59/km or 8:01/mile. Settle in before you push.

SPLIT	ELAPSED	CLOCK TIME
5 km	0:24:53	10:00
10 km	0:49:46	10:25
15 km	1:14:39	10:50
20 km	1:39:32	11:15
Half	**1:45:00**	**11:20**
25 km	2:04:25	11:39
30 km	2:29:18	12:04
35 km	2:54:11	12:29
40 km	3:19:05	12:54
Finish	**3:30:00**	**13:05**

PACING FOR RACE DAY

Adjust your goal for the conditions, choose how to split it, and print a pace band.

KM	PACE /KM	ELAPSED	CLOCK
5	4:59	0:24:53	10:00
10	4:59	0:49:46	10:25
15	4:59	1:14:39	10:50
20	4:59	1:39:32	11:15
25	4:59	2:04:25	11:39
30	4:59	2:29:18	12:04
35	4:59	2:54:11	12:29
40	4:59	3:19:05	12:54
42.2	–	3:30:00	13:05

- The heat allowance is a rule of thumb: warm, humid races are slower for almost everyone. Decide on race morning with the latest forecast.
- This course has hills or bridges: run them by effort, not pace, and win the time back on the way down.
- Your first kilometre is usually crowded; don't chase the band until the field spreads out.

JET LAG

BODY-CLOCK ADJUSTMENT BY RACE DAY 80%

Rule of thumb: about one day per hour travelling east, a little faster heading west. Crossing 5 h east takes around 5 days; you arrive 4 days before the race.

WHEN	BED	WAKE	LIGHT
Sat, 17 Apr	22:00	06:00	Bright light soon after waking
Sun, 18 Apr	21:00	05:00	Bright light soon after waking
Mon, 19 Apr	20:00	04:00	Bright light soon after waking
From arrival	22:30 local	06:30 to 07:00 local	Morning light; avoid long naps

Pre-travel times are in your home time zone. When you wake at 06:35 on race morning, your body will think it is about 01:35 at home, so expect it to feel early.

LIGHT AND SLEEP GUIDE

Premium feature. Light is the strongest signal your body clock follows. Heading east, you need to shift earlier: get light in the morning and keep evenings dim.

DAY	WAKE	GET BRIGHT LIGHT	AVOID BRIGHT LIGHT	BED
Sat, 17 Apr (home time)	06:00	06:00 to 08:00	After 20:00	22:00
Sun, 18 Apr (home time)	05:00	05:00 to 07:00	After 19:00	21:00
Mon, 19 Apr (home time)	04:00	04:00 to 06:00	After 18:00	20:00
Wed, 21 Apr	06:30 to 07:00	From waking to 11:00	Bright screens after 21:00	22:30
Thu, 22 Apr	06:30 to 07:00	From waking to 11:00	Bright screens after 21:00	22:30
Fri, 23 Apr	06:30 to 07:00	From waking to 11:00	Bright screens after 21:00	22:30
Sat, 24 Apr	06:30 to 07:00	From waking to 11:00	Bright screens after 21:00	22:30
Race day	06:35	From waking to 11:00	Bright screens after 21:00	22:30

Daylight outdoors works best; a bright window or light box helps indoors. This is general guidance, not medical advice.

FOOD AND FUEL PLAN

What to eat each day of the trip, on local time, and how to fuel the race. Built for a race of about 3:30 hours.

Tue, 20 Apr **Travel**

BREAKFAST	LUNCH	DINNER
As normal at home.	Once you board, eat on destination meal times, even if that means skipping or adding a meal.	Keep it light and familiar; airline meals arrive on the departure clock, so pack your own if timing is off.

Water every hour you're awake. Go easy on alcohol and on caffeine after midday destination time. Pack snacks you know (oat bars, pretzels, a banana) for delays.

Wed, 21 Apr **Arrival: normal eating on local time**

BREAKFAST	LUNCH	DINNER
Around 07:00–08:00 local. Porridge, toast or cereal with fruit and yoghurt, plus eggs if you like them.	Around 12:30. A sandwich, wrap or rice bowl with some protein and vegetables.	Around 18:30–19:30. Rice, pasta or potatoes, a portion of protein and vegetables.

Meals at local times help your body clock settle. Choose busy, well-cooked places and save adventurous local dishes for after the race.

Thu, 22 Apr **Normal eating on local time**

BREAKFAST	LUNCH	DINNER
Around 07:00–08:00 local. Porridge, toast or cereal with fruit and yoghurt, plus eggs if you like them.	Around 12:30. A sandwich, wrap or rice bowl with some protein and vegetables.	Around 18:30–19:30. Rice, pasta or potatoes, a portion of protein and vegetables.

Meals at local times help your body clock settle. Choose busy, well-cooked places and save adventurous local dishes for after the race.

Fri, 23 Apr **Carb loading: 8–12 g per kg of body weight of carbohydrate today**

BREAKFAST	LUNCH	DINNER
Porridge with honey and banana, or bagels with jam, plus a glass of juice.	Rice, pasta or potatoes as the biggest part of the plate; keep fat and fibre lower than usual.	Pasta, rice or potatoes with a light sauce and a small portion of protein.

Swap rather than add: fill up on white bread, rice, pasta, bagels, pretzels, rice cakes and sports drinks instead of high-fibre and fatty foods. Expect to weigh 1–2 kg more; that's stored fuel and water.

Sat, 24 Apr **Carb loading: 8–12 g per kg of body weight of carbohydrate today**

BREAKFAST

Porridge with honey and banana, or bagels with jam, plus a glass of juice.

LUNCH

Make this the main meal: a big plate of rice or pasta with a simple sauce, plus bread.

DINNER

Early (around 18:00), familiar and not too big: pasta or rice, a little protein, light sauce. Nothing new or spicy.

Swap rather than add: fill up on white bread, rice, pasta, bagels, pretzels, rice cakes and sports drinks instead of high-fibre and fatty foods. Expect to weigh 1–2 kg more; that's stored fuel and water.

Sun, 25 Apr **Race day**

BREAKFAST

06:50, about 3 hours before the start: 1–4 g per kg of body weight of carbohydrate you've eaten before long runs (white bagel or toast with jam, porridge, a banana, rice). Low fibre, low fat.

AFTER THE FINISH

Within about an hour: carbohydrate plus some protein, such as chocolate milk, a sandwich or a recovery bar.

DINNER

A proper meal, any style. This is the night to try the local food.

During the race: 60–90 g of carbohydrate an hour from gels, chews or sports drink, starting in the first 30–45 minutes.

Mon, 26 Apr **Recovery**

BREAKFAST

A normal, generous breakfast.

LUNCH

Carbohydrate and protein at each meal to help your legs repair.

DINNER

Whatever you enjoy. Keep drinking water, especially if you drink alcohol.

Walk around; gentle movement and regular meals help more than a big feast.

RACE FUELLING

- 60–90 g of carbohydrate an hour: 210–315 g for the whole race.
- That's roughly 8–13 gels of about 25 g each, spread evenly.
- Above 60 g an hour, use products that mix glucose and fructose, and practise the amount in training.
- Drink to thirst. Don't force extra water; finishing heavier than you started means you drank too much.

RACE MORNING

- Breakfast at 06:50: 1–4 g per kg of body weight of carbohydrate.
- Then sip about 300–500 ml of water or sports drink until about 30 minutes before the start.
- Caffeine, only if you've tried it in training: about 3 mg per kg of body weight, about an hour before the start.
- After the finish: carbohydrate plus about 0.3 g per kg of body weight of protein within about an hour.

CARBOHYDRATE IN EVERYDAY FOODS (APPROXIMATE)

White bagel	50 g	200 g cooked pasta	60 g
Cup (about 160 g) cooked white rice	45 g	Medium potato (about 200 g), boiled	35 g
Bowl of porridge (40 g oats) with a spoon of honey	40 g	500 ml sports drink	30 g
Medium banana	25 g	250 ml orange juice	25 g
Energy gel (check the label)	25 g	Slice of white bread	15 g

General guidance for healthy adult runners, not medical or dietary advice. Practise race-day food in training, and speak to a doctor or sports dietitian if you have diabetes, allergies or another condition.

Sources: ACSM, Academy of Nutrition and Dietetics and Dietitians of Canada: Nutrition and Athletic Performance (2016) · St Mary's University London: the science of carbohydrate loading (2026) · IOC consensus statement on dietary supplements (2018)

MEAL RECOMMENDATIONS

Portions worked out for 70 kg; add your weight in the food plan above for your own amounts.
Carbohydrate figures are approximate; check labels.

RACE-MORNING BREAKFAST

06:50 · about 140 g of carbohydrate (2 g per kg)

- 1 × bowl of porridge (40 g oats)
- 1 × banana
- 2 × white bagel (or 2 slices of toast)
- 1 × tablespoon of honey or jam

≈ 145 g. Low in fibre and fat; nothing you haven't eaten before a long run.

NORMAL TRAINING DAYS

From arrival until 3 days before the race · about 420 g of carbohydrate a day

Breakfast · ≈ 105 G

1 × bowl of porridge (40 g oats), 1 × banana, 1 × white bagel (or 2 slices of toast), 1 × tablespoon of honey or jam

Lunch · ≈ 120 G

1 × plate (200 g) of cooked pasta, 2 × bread roll

Dinner · ≈ 130 G

1 × cup (160 g) of cooked white rice, 2 × medium boiled potato, 1 × slice of white bread

Snacks · ≈ 55 G

1 × banana, 1 × 500 ml sports drink

5–7 g of carbohydrate per kg a day suits a light training week. Add protein to each meal.

CARB-LOADING DAYS

Fri, 23 Apr and Sat, 24 Apr · about 700 g of carbohydrate a day

Breakfast · ≈ 170 G

1 × bowl of porridge (40 g oats), 1 × banana, 3 × white bagel (or 2 slices of toast)

Lunch · ≈ 200 G

1 × plate (200 g) of cooked pasta, 2 × bread roll, 2 × glass (250 ml) of juice, 1 × rice pudding or yoghurt with honey

Dinner · ≈ 185 G

1 × cup (160 g) of cooked white rice, 2 × medium boiled potato, 3 × slice of white bread, 1 × bowl of sorbet or a fruit juice

Snacks · ≈ 143 G

1 × banana, 2 × 500 ml sports drink, 2 × small bag (30 g) of pretzels, 1 × rice cake with jam

About 10 g per kg a day (8–12 g is the usual range). Keep fat and fibre low so it fits; protein can be smaller.

RECOVERY DAYS

The day after the race onwards · about 420 g of carbohydrate a day

Breakfast · ≈ 105 G

1 × bowl of porridge (40 g oats), 1 × banana, 1 × white bagel (or 2 slices of toast), 1 × tablespoon of honey or jam

Lunch · ≈ 120 G

1 × plate (200 g) of cooked pasta, 2 × bread roll

Dinner · ≈ 130 G

1 × cup (160 g) of cooked white rice, 2 × medium boiled potato, 1 × slice of white bread

Snacks · ≈ 55 G

1 × banana, 1 × 500 ml sports drink

Back to normal eating, with protein at every meal to help your legs repair.

Protein: about 21 g at each meal (0.3 g per kg), for example 3 eggs (about 18 g), 200 g Greek yoghurt (about 20 g), 100 g cooked chicken or fish (about 25–30 g), 500 ml milk (about 17 g).

General guidance for healthy adult runners, based on the ACSM 2016 position statement on nutrition and athletic performance. Not medical advice; see a sports dietitian if you have a condition or allergy.

CONDITIONS & COURSE

TYPICAL RACE-DAY WEATHER

8 to 15 °C

Typical late April morning, but several recent editions have run warm.

COURSE

Point to point · Mostly flat

From Greenwich and Blackheath past Tower Bridge and Canary Wharf to The Mall. Mostly flat with tight early sections.

START

Blackheath and Greenwich

FINISH

The Mall

RACE-DAY DETAILS

Worked out for your race, place and dates.

START	09:35 local · 04:35 at home · feels like about **08:35** to your body clock
ESTIMATED FINISH	13:05 local, for a 3:30:00 finish
DAYLIGHT ON RACE DAY	First light 05:07 · sunrise 05:44 · sunset 20:12
CLOCK CHANGES	No daylight-saving changes during your trip.
TIME TO ADJUST	4 days in London before the race; your body clock will be about 80% adjusted.

Body-clock time is an estimate from your time shift and days to adjust. Daylight times are worked out for London and can differ by a minute or two.

RACE-DAY LOGISTICS, STEP BY STEP

Marked steps use this race's own information; the rest is general advice. Always check the race's official instructions in race week.

Day before	**Bib and kit** From the race Collect your bib at the Running Show in the days before. There is no race-morning pickup. Pin your bib on your race top, attach the timing chip if it's separate, and lay everything out.
Day before	**Plan the journey** From the race Trains from London Bridge and Charing Cross to the start areas. Check this year's race-day travel offer. Check race-day closures and the first train or bus times tonight.
06:35	**Two alarms** Set two alarms in local time. Your phone may not change time zones on its own if it's in flight mode.
06:50	**Breakfast** The breakfast you tested in training, about 3 hours before the start.
07:35	**Leave** From the race Leave for Blackheath and Greenwich with your bib, gels, a throwaway layer and some cash or a card.
08:35	**Start area** Toilet queues are longest in the last 30 minutes, so go as soon as you arrive.
08:35	**Bag drop** From the race Kit bags go on the official baggage lorries at your start area.
09:05	**Start pen** Find your pen early; it closes before the start. Keep your throwaway layer on until the last minutes.
09:35	**Start** Start steady. The first kilometre is crowded.
13:05	**Finish** From the race Finish at The Mall. Keep walking through the finish area, collect your medal and bag, and drink.
After	**Meet up and get back** Agree a meeting point with friends away from the finish (a street corner or café), as the finish area is crowded and phones may struggle.

Official race information ↗

RUN WITH LOCALS

Group runs are a good way to loosen up after the flight and learn the city. Here's what to look for in London.

YOUR MATCH

- Join a group whose easy pace is about **5:43–6:28/km**. That's 15–30% slower than your goal pace of 4:59/km.
- Look for intermediate groups.
- Keep it to 5–8 km, easy the whole way. Race week isn't the time to chase faster runners.
- Best days: Wednesday 21 Apr, Thursday 22 Apr.
- In the last 2 days, only a short shakeout. Many big races host an official shakeout run; check the race's own site.
- Saturday 24 Apr: check if there's a parkrun near you. Jog it gently or volunteer instead, as it's close to race day.

FIND A GROUP IN LONDON

- Google Maps ↗ running clubs and running shops near the city, with reviews and meeting points
- Meetup ↗ social running groups that welcome visitors
- Strava ↗ local clubs and their weekly group runs (needs a free Strava account)
- parkrun ↗ free, timed 5 km events on Saturday mornings in many countries

Message the club before you go: most welcome visitors, and they'll tell you where they meet.

These links open searches on other sites; Borderless Runner doesn't list or check individual clubs. Easy pace is a rule of thumb.

RECOVERY AND RELAXATION

Ways to stay calm before the race and recover after it.

RACE-WEEK NERVES

- Box breathing: breathe in for 4, hold for 4, out for 4, hold for 4. Five rounds whenever you feel wound up.
- Legs up the wall for 10 minutes in the evening, lying on the floor with your legs resting against the wall.
- A 10-minute body scan before sleep: relax each part of your body from your toes up.
- Picture the race going well: the start, settling into your pace, a hard patch you get through, the finish.
- Keep time on your feet low: sit down at the expo and skip long sightseeing walks.

RACE DAY, AFTER THE FINISH

- Keep walking for 10–15 minutes and put a warm layer on.
- Eat and drink within the hour: carbohydrate plus protein.
- A warm (not hot) shower, then legs up for 10 minutes.
- An easy evening walk and an early night.

THE NEXT 2 DAYS

- Walk 20–30 minutes each day; gentle movement eases soreness better than rest alone.
- Easy mobility: ankle circles, gentle hip and calf stretches, no deep stretching of sore muscles.
- Only a light massage for now; save a deep one for later in the week.
- If you like saunas, keep it short and drink water first.
- Nap up to 30 minutes if you're tired, and go to bed at your usual time.

GETTING BACK TO RUNNING

- Keep everything easy for 1–2 weeks. Swimming or easy cycling is fine once walking feels normal.
- Wait until stairs feel normal before your first run, and keep it short and slow.
- See a doctor or physio for sharp or one-sided pain, or swelling that doesn't go down.

YOUR SCHEDULE AFTER THE RACE

- `Wed, 28 Apr` 20 min walk or easy spin
- `Sat, 1 May` First easy run, 20–30 min
- `Tue, 4 May` 30 min easy

General guidance, not medical advice.

USEFUL PHRASES

Spoken in United Kingdom: English.

English is widely spoken here, so you won't need a phrase list.

PACKING LIST

Made for your race, the weather in London and your trip. Ticks are saved on this device.

0 of 20 packed

RACE KIT (CARRY-ON)

- ☐ Race shoes you've already run in
- ☐ Race outfit, worn on a long run first
- ☐ Two pairs of running socks
- ☐ GPS watch and charger
- ☐ 13 gels (11 for the race plus 2 spare)
- ☐ Anti-chafe balm
- ☐ Race confirmation and photo ID for bib pickup

WEATHER

- ☐ Throwaway layer or bin bag for the start pen

TRAINING AND RECOVERY

- ☐ Kit for 4 easy runs
- ☐ Warm layer to put on after the finish
- ☐ Sandals or slides for after the race
- ☐ Small bag for bag drop

TRAVEL

- ☐ Plug adapter: Type G, 230 V
- ☐ Some Pound sterling (GBP), or a card with no foreign fees
- ☐ Compression socks for the flights
- ☐ Eye mask and earplugs
- ☐ Refillable water bottle
- ☐ Snacks you know for the journey
- ☐ Passport, and the entry rules for your passport checked
- ☐ Travel insurance details

LOGISTICS

AIRPORTS	**LHR** Heathrow, about 15 to 50 min to central London by rail **LGW** Gatwick, about 30 to 45 min to central London by rail
WHERE TO STAY	Near London Bridge or Charing Cross for the start trains.

GETTING TO THE START	Trains from London Bridge and Charing Cross to the start areas. Check this year's race-day travel offer.
BIB PICKUP	Collect your bib at the Running Show in the days before. There is no race-morning pickup.
BAG DROP	Kit bags go on the official baggage lorries at your start area.
MONEY	Pound sterling (GBP)
POWER	Type G, 230 V
EMERGENCY	`999 or 112`
LANGUAGE	English

ENTRY REQUIREMENTS

What you need to enter United Kingdom depends on your passport. Borderless Runner links to the official sources rather than guessing.

UK ETA (GOV.UK) ↗ · https://www.gov.uk/guidance/apply-for-an-electronic-travel-authorisation-eta

IATA travel centre ↗ · https://www.iatatravelcentre.com/

London Marathon official site ↗ · https://www.tcslondonmarathon.com

CHECKLIST

0 of 20 done

DOCUMENTS

- [ ] Passport valid well beyond your return date
- [ ] Check entry requirements for United Kingdom for your passport
- [ ] Race confirmation and photo ID for bib pickup
- [ ] Travel insurance that covers running events
- [ ] Offline copies of bookings and documents

TRAVEL

- [ ] Flights booked, arriving by 20 Apr if you can
- [ ] Accommodation: Near London Bridge or Charing Cross for the start trains.
- [ ] Airport transfer planned (LHR or LGW)
- [ ] Race-morning route to Blackheath and Greenwich

KIT

- [ ] Race shoes and kit in your carry-on
- [ ] Gels and fuel you've trained with
- [ ] Throwaway layer for a 8 to 15 °C start
- [ ] Plug adaptor (Type G, 230 V) and watch charger
- [ ] Anti-chafe, plasters, safety pins

BODY

- [ ] Start the sleep shift 3 days before you fly
- [ ] Plan carb-loading meals for race −2 and −1
- [ ] No new foods in race week

LOCAL

- [ ] Payment card that works in Pound sterling (GBP)
- [ ] Save the emergency number: 999 or 112
- [ ] Hotel address saved offline

Ticks are saved in this browser only.

ABOUT THIS RACE DATA

Race facts checked against the sources below in October 2026. Start times and venues can change; always confirm on the official race site.

↳ London Marathon Events ↗
↳ World Marathon Majors: London goes two-day in 2027 ↗

This plan is general guidance, not medical or immigration advice.