



TOKYO MARATHON 2025 | THE DAY WE UNITE.

RUNNER HANDBOOK

Packet Pick-up • EXPO 2025

Packet Pick-up Dates

February 27 (Thu.) and February 28 (Fri.) 10:00 a.m. - 8:30 p.m.
March 1 (Sat.) 10:00 a.m. - 5:30 p.m.

*The registered runner must conduct Packet Pick-up in person.

*Details on packet pick-up time and location for wheelchair marathon participants will be explained separately.

【Date & Time】March 1 (Sat.) 10:00 a.m. (JST) 【Location】Separate Information

EXPO 2025 Dates

February 27 (Thu.) and February 28 (Fri.) 10:00 a.m. - 9:00 p.m. [Visitors must enter before 8:30 p.m.]

March 1 (Sat.) 10:00 a.m. - 6:00 p.m. [Visitors must enter before 5:30 p.m.]

Venues

Tokyo Big Sight South Exhibition Halls 3-4
3-11-1, Ariake, Koto-ku, Tokyo

Access

Rinkai Line
15-minute walk from Kokusai-tergjo Station

Yurikamome Line
7-minute walk from Tokyo Big Sight Station

Limousine Bus
Haneda Airport ⇄ Tokyo Big Sight
More detail about the Limousine Bus,
please scan the QR code.



Race Day Schedule March 2

- 7:00 am Entry into the starting area
- 8:45 am Runners must have entered the start area by this time.
- 8:59 am Start Ceremony
- 9:05 am Wheelchair Marathon START
- 9:10 am Marathon & 10.7km Race START
- 11:10 am End of 10.7km
- 11:10 am 10.7km Awards Ceremony
- 12:30 am Marathon Awards Ceremony
- 4:10 pm End of Marathon



Marathon Runners Handbook

Bob Glover, Jack Shepherd



Marathon Runners Handbook:

The Competitive Runner's Handbook Bob Glover, Shelly-lynn Florence Glover, 1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly Lynn Florence Glover's completely revised guide is the book on training to compete A book that's already sold close to 200 000 copies *The Competitive Runner's Handbook* will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Glovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life

The Runner's Handbook Bob Glover, Jack Shepherd, Shelly-lynn Florence Glover, 1996-06-01 If you're a runner or would like to be one *The Runner's Handbook* will answer all your questions Fitness expert Bob Glover who has trained thousands of runners shows you how to devise a training program and keep at the top of your form

Marathon Runners Handbook Bruce Fordyce, Mariëlle Renssen, 2002 Divided into two sections this guide deals with training beginner runners from scratch up to their first 10 km 6 mile race and then tackles the more serious topic of half full and ultra marathon running

The Marathon Runner's Handbook Bruce Fordyce, Mariëlle Renssen, 2007-12 It's the most exciting challenge a runner can face that first big marathon With this practical guide to everything from physiology to great gear now updated for this third edition novices can train themselves up from scratch to their first six mile race and then on to half full and ultra marathons Full color diagrams detailed text fact filled charts and superb action photographs explain running science in an accessible and inspiring way All the crucial information is here an analysis of how muscles work and injuries occur advice on choosing the right running shoe suggestions for a proper runner's diet plus practical training schedules and pacing tables for measuring progress Even an absolute beginner will be ready to take on that big run in six months

Marathon Runner's Handbook Bruce Fordyce, Mariëlle Renssen, 2002 Preparing for a marathon *Marathon Runner's Handbook* has everything you'll need to lead you to race day with confidence This all in one resource is like a checklist of information for the distance runner You'll learn how to choose and customize the proper shoes and clothing for greater comfort while you run get your muscles in top running shape with proper strength and stretching exercises prevent diagnose and treat running injuries use pacing tables and shorter race targets to gauge your progress and fuel your body properly for optimum training and race day performance The clear in depth information and photos in this book make it easy to understand just what you need to do Full color photos and illustrations show recommended stretches and strength exercises you'll also learn how to recognize and care for injuries It's all here From detailed advice on shoe shapes lasts and lacing to explicit training programs for the 10K half marathon marathon and ultramarathon this book gives you the essential information for running safely comfortably and swiftly Whether you're getting ready to run your first marathon or you want

to set a new personal record this book provides the practical guidance and inspiration you need Let Marathon Runner s Handbook take you all the way to the finish *Runner's Handbook* Bob Glover,Jack Shepherd,1978 The New Competitive Runner's Handbook Bob Glover,Pete Schuder,1988 Provides advice on training for running races of all distances from a mile on up with workout schedules and a discussion of racing techniques The Beginning Runner's Handbook Ian MacNeill,Sport Medicine Council of British Columbia,2012 Provides a training program for beginning runners discussing such topics as the psychology of running cross training diet and nutrition and injuries The Competitive Runner's Handbook Bob Glover,Shelly-lynn Florence Glover,1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly lynn Florence Glover s completely revised guide is the book on training to compete A book that s already sold close to 200 000 copies The Competitive Runner s Handbook will now offer all the latest information needed to design basic training programs special workouts to increase strength endurance and power schedules and worksheets to develop individual goals and specifics on preparing for all kinds of races with an emphasis on the 10K and the marathon Informed by their over thirty years of coaching experience the Glovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life

Runner's Handbook: A Comprehensive Guide to Get You Started as a Runner or Jogger Charlie Mason ,2021-02-22 Are you looking to improve your physical fitness by running or jogging If that s the case The Novice Runner s Handbook A Comprehensive Guide to Get You Started as a Runner or Jogger is a must read for you This is one of the best books on running that is focused on helping beginners understand how to start running and how to continuously better themselves as runners It introduces new runners to the concept of running training and it teaches them everything that they need to know about the practice of jogging In this one volume the author condenses all the facts and the techniques that new runners need to be familiar with if they want to increase their chances of developing further as runners The Novice Runner s Handbook is very useful for people who want to become better at trail running and also for those who want to perfect the art of marathon running Even if you have been training as a runner for a while and even if you have already read several books on running the insights that you will gain from reading this book are unique and they will go a long way in helping you understand how you can overcome your own boundaries as a runner and how you can seek out and conquer bigger running challenges

The Competitive Runner's Handbook Bob Glover,Pete Schuder,1983 Includes sample workouts training tips and racing strategies as well as good charts and tables with race pace splits **The Runner's Handbook** Bob Glover,Jack Shepherd,Shelly-lynn Florence Glover,1996-06-01 If you re a runner or would like to be one The Runner s Handbook will answer all your questions Fitness expert Bob Glover who has trained thousands of runners shows you how to devise a training program and keep at the top of your form Ephemera on Alternative Health ,1990 **Marathon and Half-Marathon** Marnie Caron,SportMedBC,2009-07-01 Over 20 million Americans run recreationally but doing it right is

more than a matter of buying an expensive pair of shoes and heading for the track Building on the popularity of *The Beginning Runner's Handbook* this practical easy to use guide provides a step by step program for running a half or full marathon for the first time It shows readers how to get motivated and set realistic goals choose the proper shoes eat right build strength and endurance and avoid sore muscles and injury The book includes tips from elite runners on such subjects as staying motivated when the weather is extreme running technique running with a dog and running partners Finally the book describes strategies for the race what to expect on race day and the psychological effects of finishing a half or full marathon Most importantly it includes a full training program designed to ensure that that crucial first race is a winner

Marathon Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon including training schedules advice on diet defensive running strategies and tips for staying motivated *The Beginning Runner's Handbook*, 1999 *The Runner's Guide to the Meaning of Life* Amby Burfoot, 2000-04-22 After 35 years of running champion marathoner Amby Burfoot shares the wisdom and insights he has gained along the way in this first book of a new series of Daybreak books that find the spiritual message in seemingly ordinary activities **The Beginning Runner's Handbook** Ian MacNeill, Sport Medicine Council of B.C., 1999 Developed by sports medicine physicians and refined through years of clinic testing this basic program explains how beginners should train daily Get on the road to long term health and fitness by improving cardiovascular conditioning Personal anecdotes address everything from motivation to injury

Marathon, All-New 4th Edition Hal Higdon, 2011-09-27 Especially in tough economic times running offers an affordable and positive way to relieve stress and gain a sense of accomplishment Marathons and more than ever half marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years New hunger for reliable information on marathon and half marathon training as well as new technologies that have revolutionized ordinary people's ability to train intelligently means the time is right for a new edition of longtime Runner's World contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon whether it's a reader's first or fiftieth At the core of the book is Higdon's clear and essential information on training injury prevention and nutrition With more than 25 percent new material this fourth edition of a running classic is a must own for both longtime runners and those new to the sport *Sports, Exercise, and Fitness* Mary Beth Allen, 2005-03-30 For reference librarians and researchers seeking information on sports and fitness this guide is an important first stop For collection development specialists it is an invaluable selection guide Allen describes and evaluates over 1 000 information sources on the complete spectrum of sports from basketball football and hockey to figure skating table tennis and weight training Focusing on English language works published between 1990 and the present the guide thoroughly covers traditional reference sources such as encyclopedias and bibliographies along with instructional sources in print formats online databases and Web sites To enable users in search of information on specific sports or fitness activities chapters are organized thematically according to broad

type aquatic sports nautical sports precision and accuracy racket sports ice and snow sports ball sports cycling and so on with subcategories for such individual sports as soccer golf and yoga Within these categories works are further organized by type reference instructional and Web sites

Reviewing **Marathon Runners Handbook**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Marathon Runners Handbook**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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