

## scottishathletics Marathon Webinar

### The Modern Approach To Marathon Training

scottishathletics are pleased to offer an online learning session for the marathon community in the build up to the 2026 spring marathon season.

#### **Purpose**

Our intention is to provide some modern guidance and insight to both athletes and coaches in what it takes to prep for the unique challenge that is the marathon.

#### **Who**

John J. Davis PhD is a coach, writer, and scientist. He has been coaching runners from novices to elite-field competitors for over 12 years. He has a Ph.D. in human performance and has spoken at international conferences and competitions on the science of running injuries and running performance.

From 2013 to 2017, John was an assistant coach at Edina High School, which made four consecutive appearances at Nike Cross Nationals during his tenure. His work has been featured in Runner's World, Running Times, and Men's Health. His website, [RunningWritings.com](https://RunningWritings.com), has been publishing articles on the art and science of training since 2011. John has a personal best of 2:29 in the marathon and was an all-conference steeplechaser for Carleton College, where he studied chemistry.

Based on his extensive studies of modern developments in marathon training methods from novice to elite athletes and coaches, John has also published *Marathon Excellence For Everyone* which provides a comprehensive look at the science and evidence behind modern marathon training.

In the webinar, John will outline the key concepts behind his approach to marathon training.

#### **When**

Thursday 22<sup>nd</sup> January 2026 @ 7:00pm

#### **How**

The webinar can be signed up for via google form: <https://forms.gle/jckhn2CRCXdBESC86>

For more information email [robert.hawkins@scottishathletics.org.uk](mailto:robert.hawkins@scottishathletics.org.uk)