

Published based on [Stop Blisters When You Are Marathon Training](#)

Stop Blisters When You Are Marathon Training

If you're running for a marathon then it is most important that you simply remain in peak physical levels. Most marathon runners develop blisters when building up their weekly mileage.

Throughout your running, should you wear anatomically fitted moisture wicking socks and correctly fitted footwear then you'll considerably reduce the chances of getting a blister. However, regardless of how much you attempt to prevent obtaining a running blister there's still the danger of getting a running blister at some point during your marathon career.

So what must you do if you develop a running blister? The very best idea would be to pop the blister in order to drain the fluid. To accomplish this, first of all wash your hands and make sure that the area around the running blister is clean. This minimizes the probabilities of infection. After you've cleaned across the blister area ensure that you simply use a sterilized needle to pop the running blister. As you pop the blister it is really a great concept to pierce two small holes on opposite sides of your blister in order to get rid of the fluid as efficiently as possible.

After you have pierced the two holes, then use a cotton wool pad to gently press on the blister. Very carefully wipe any excess fluids away.

Your blister should heal quicker should you leave the roof of the running blister on. After you have eliminated all fluids, the best idea would be to lubricate the blister with an antiseptic ointment. Following that, place either a plaster or self-adhesive across the blister, making sure not to put any of the sticky component on the roof of the running blister as this will tear the roof of the blister whenever you remove the plaster. Your running blister should now recover in minimal time. If for any reason you are unsure of how to remove a running blister or should you experience additional pain then please seek advice from your health care practitioner for guidance.

Before running these longer distances 1 of your main aims should be to reduce the risk of injury. This includes the danger of developing blisters. Painful blisters can keep you out of action for some period of time, particularly if they turn out to get infected. The old saying of prevention is better than cure is no secret for the experienced marathoner. So before aiming to complete these longer training distances, minimize the chances of getting a blister by wearing properly fitting shoes and socks that are both anatomically fitted and wick the moisture away from your feet.

If you do have the unavoidable luck to develop a blister throughout your marathon training then the very best concept is to pop the blister. After you have popped the blister, reduce the probabilities of infection by making sure you keep to strict hygiene standards. This can then help you to prevent an infection and therefore will allow you to carry on to get more miles into your legs during your marathon training.

Learn how you can step-up your [marathon training](#) with these tips. Pick up your [marathon training](#) programme right now by clicking on the link.

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