85 Marathons!
Steady Pace wins the Race



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NTUA Workshop on Endurance Sports
How to achieve my “unreachable” goals

Athens, 6 November 2026

I am a Marathon Runner because I am an Engineer - I am an Engineer because I am a Marathon Runner

The Marathon and Engineering Science follow the same rules:

- We continuously measure everything: every run, every preparation, every race
- We design, prepare and create based on science
- We distribute our strength over time
- We compete with persistence and discipline

Presentation Outline

1. 85 Marathons in numbers
2. 30 Marathons in 30 Months campaign
3. 10 Running/Engineering Tips



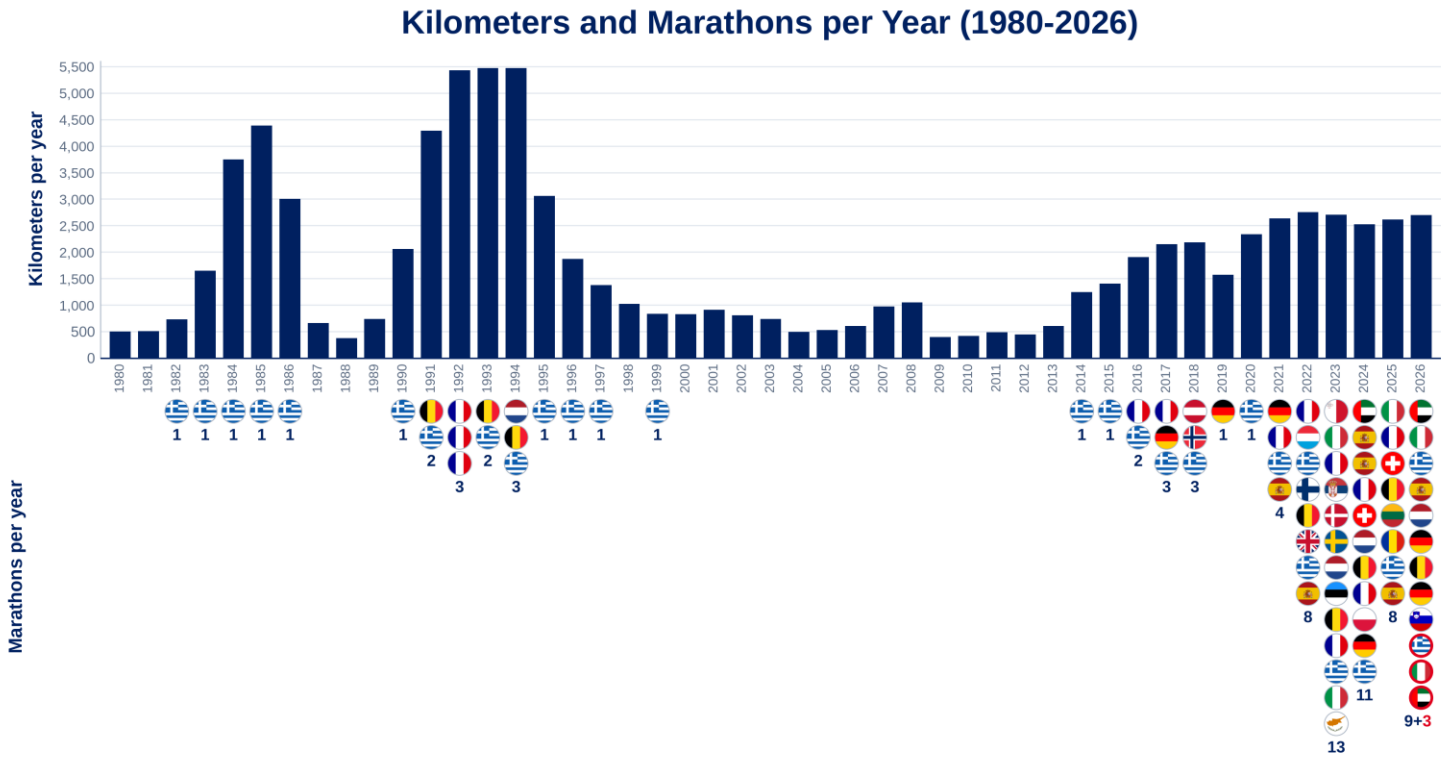


85 Marathons in numbers

46 years of running (since age 16)

- 85,000 kilometers of running (2+ laps around the earth) recorded daily

- 1982-1999: 20 Marathons, best time 2:56 (Athens 1985)
- 2014-2021: 16 Marathons, best time 3:29 (Hamburg 2021)
- 2022-2026: 49 Marathons, one Marathon every month
- sub-3h: 2 Marathons, sub-3:30: 11 Marathons, sub-4h: 62 Marathons



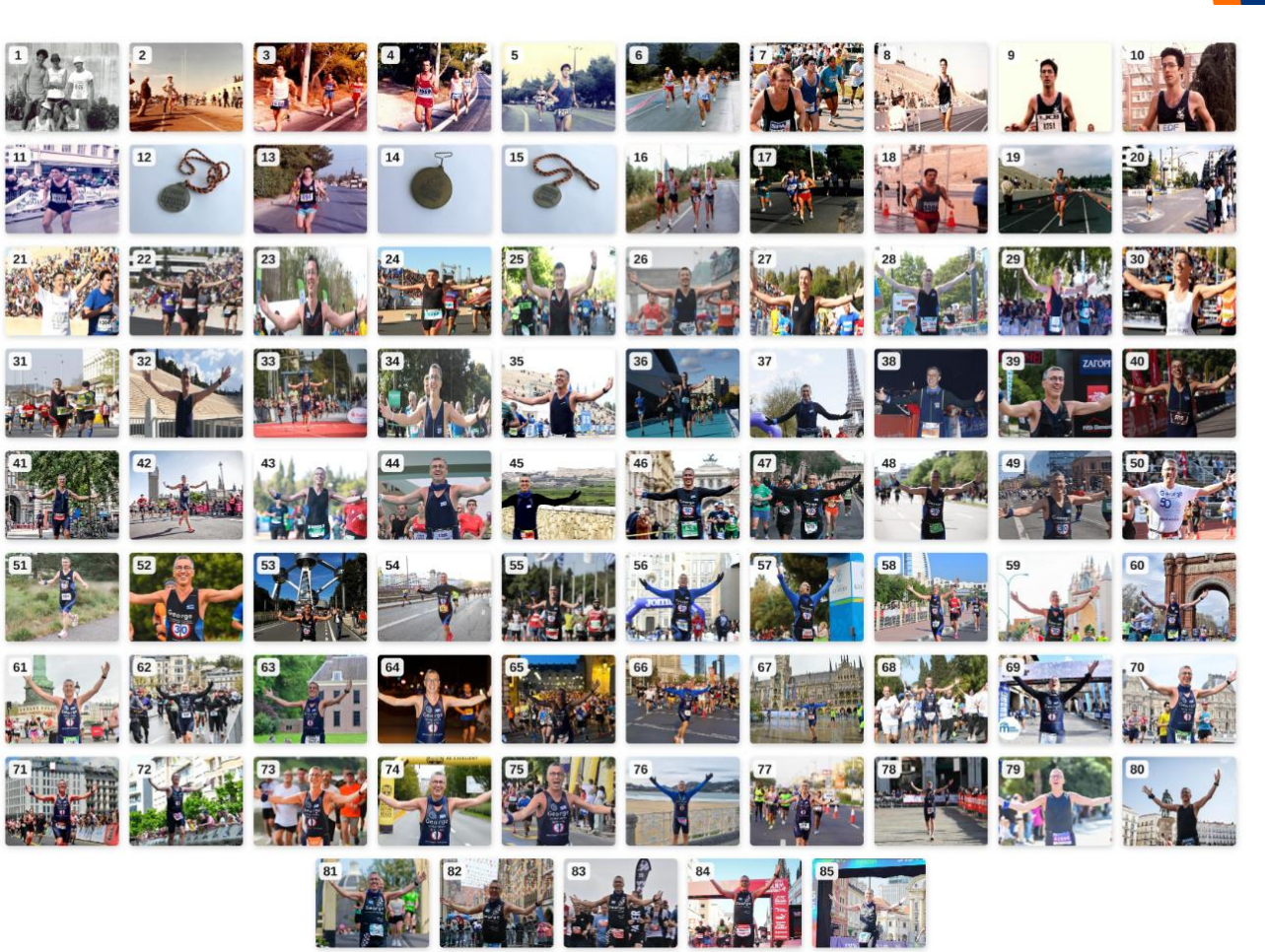
Marathons in numbers

- 24 in Athens
- 59 abroad

- 48 different cities
- 24 countries

- 50 in autumn and winter
- 35 in spring and summer

- 3,586 Marathon kilometers, with 3,586 joys, difficulties, intense emotions, magical moments





30 Marathons in 30 Months Campaign

30 Marathons in 30 Months Campaign

- The National Technical University of Athens (NTUA) launched the innovative and original 30 Marathons in 30 months campaign to actively promote the adoption of 30km/h speed limit in all cities worldwide, as a key policy for safer, healthier and greener cities for all

- This campaign has mobilized large synergies with key stakeholders and the society and was concluded in November 2024 in Athens (all Marathons in under 4 hours) with a particularly significant global impact

- This impactful campaign was accompanied by extensive media outreach in 25 major European cities, including web, press, tv and radio coverage and a highly effective social media presence that attracted over 500,000 pageviews annually and an audience of more than 150,000 people




Zagori - Jul 2022
Helsinki - Aug 2022
Antwerp - Sep 2022
London - Oct 2022
Athens - Nov 2022
Valencia - Dec 2022
Malta - Feb 2023
Rome - Mar 2023
Paris - Apr 2023
Belgrade - Apr 2023
Copenhagen - May 2023
Stockholm - Jun 2023
George - 30 Marathons - 30 Months
Apeldoorn - Jul 2023
Tallinn - Sep 2023
Brussels - Oct 2023
Lyon - Oct 2023
Athens - Nov 2023
Florence - Nov 2023
Nicosia - Dec 2023
Dubai - Jan 2024
Sevilla - Feb 2024
Barcelona - Mar 2024
Paris - Apr 2024
Zurich - Apr 2024
Utrecht - May 2024
Torhout - Jun 2024
Paris - Aug 2024
Warsaw - Sep 2024
Munich - Oct 2024
Athens - Nov 2024



Social Impact

Integrated Communication Policy with high global impact

- **26 cities** with Marathon finish
- **10 International Organisations** Allied

- **500.000+ pageviews** per year
- **100.000+ global audience** at social media
- **200 republished posts** from scientific organisations and institutions (with 80.000+ post impressions)
- **40 social media** posts

- **25 interviews** in the electronic media
- **32 newspaper/magazine** articles
- **3 papers** in scientific journals
- **20 presentations** in conferences/webinars



10 Running Engineering Tips

Racing against Time

- Racing against time within a Marathon keeps the mind focused and helps throughout, especially after the 30th kilometer, when "the Marathon starts"

- However, the ultimate racing against time is to find the way to continue running and performing against the years that accumulate



- In our studies we also race against time: we get our degree on time, without falling behind

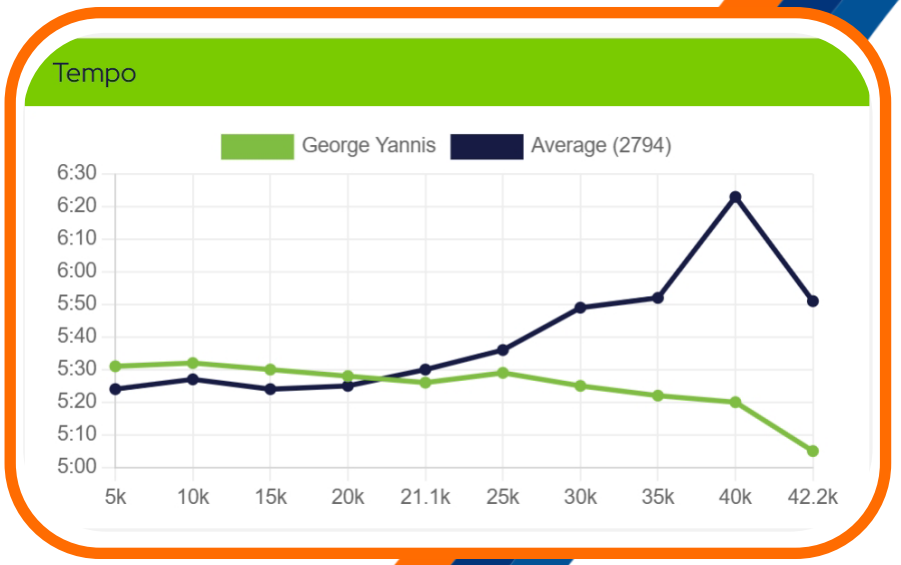
- At work every project has deadlines. We work fast and efficiently to deliver on time

- We stay productive and creative throughout our career

Steady Pace Wins the Race

- Steady pace guarantees the optimum performance at the Marathon but also in training
- Even if we need to go faster or slower, the pace adaptation should always be progressive by listening to our body

Steady pace wins the race …



- In studies, a steady pace means studying without ups and downs: systematically, every week (so that we do not carry a backlog into the next semesters)
- At work, a steady work pace with a balanced distribution of effort brings quality results and calm to the team

Balancing Expectations

- Trying our limits in training and racing allows us to identify our potential and set reachable targets and expectations
- Then, depending on the feeling of the day, we adjust our expectations to go either somewhat faster or slower



- We always measure our strengths to set goals based on our real capabilities
- We set reasonable and achievable goals in life, in our courses and at work
- Excessive goals bring disappointment and we may lose everything. Realistic goals move us forward, step by step

Fast - Easy - Long - Fun Run

- Four days per week, four different runs: fast, easy, long, fun
- Tuesday for interval or tempo, Thursday easy cool run, Saturday same easy pace at the long run (up to 50% of the weekly kms) and on Sunday fun run!



- The variety that makes running better also makes our life better: personal, professional, athletic
- Just as a runner's week has easy and long runs, our week also needs a mix of planning, work, exercise and fun
- We look for balance: not only work, not only fun

52 Weeks

- The biggest secret for optimum performance is to run every week for 52 weeks
- A minimum of 30 kms/week and on average around 50 kms/week (for a Marathon)
- Of course, adjusting volume and intensity before and after the races



- Whatever we do, we do it with method and consistency all year round
- We never study just two weeks a year, right before the exams
- We work systematically all year round and not sporadically under pressure. The result is better with less fatigue

Right Mix of Effort and Rest

- Resting is essential, especially after intensive effort
- Balanced cycles of effort and rest, within a run, within a week, within a month, throughout the year and especially within the race, can make a big difference for both optimum performance and injury avoidance
- Extra tip: at the 31st kilometer, we slow down for 1 to 2 kilometers, to then boost our performance up to the finish



- When we give our all in an exam period, we take time to rest and do something different
- We learn to rest while moving, slowing down for a while, but we never stop completely
- A proper break today means more energy and a clear mind until the next deadline

Healthy Eating

- Healthy meals properly distributed within the day in decreasing order of quantity are the secret ally to our performance
- Lighter and healthier runners perform better and enjoy the race more, it is simple physics



- Same in our daily life: healthy eating to perform in our studies and at work
- We do not drink much alcohol, we do not overload our stomach before an exam
- A clear mind and a strong body are the foundations for every Engineer

Respect Every Kilometer

- Respecting every kilometer of training and racing makes us ready both for facing surprises and difficulties and for savouring the great joy of running
- There is magic behind every kilometer, we only have to discover it



- Bad luck can strike at any moment in the life of an Engineer
- So, we are always physically and mentally ready and we adapt quickly
- Behind every misfortune lie new opportunities, we only have to look for them

Run with Friends

- Running with friends makes training a lot easier, a lot more fun and a lot more instructive
- Furthermore, when we have arranged to meet other runners, we avoid canceling on the not so rare days when we are not in the mood to run
- Life is short, enjoy every kilometer of training and racing



- We work as a team: no project is built by a single engineer
- In team projects and at work we learn from each other
- A good team keeps you consistent and motivated

Marathon is the Road, not the Destination

- Preparing for the Marathon transforms our body, our mind and our soul and drives us continuously closer to happiness
- Running is the best medicine for all
- Running is a bliss



- The same applies to your life and career: enjoy the journey and every finish line
- Let your studies and work transform body, mind and soul
- You are Engineers and Runners: you can achieve everything!

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