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meal is going to be a combination of the smart choices you made at dinner and now what you finalize on race morning *singapore marathon prep 7 easy steps for new runners* - Jul 01 2022 web oct 26 2023 there are 19 aid stations for the marathon nine for the half marathon four for the 10km race and two for the 5km race allowing runners to focus on their performance with confidence it s advised for marathon runners to consume 5 10 ml of fluid per kilogram of body weight in the 2 4 hours leading up to the marathon to ensure optimal hydration