

How to train for a Marathon

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The purpose of this WebQuest is to describe and explain the training requirements required to successfully run and complete a full marathon.

Introduction

Athletes will learn how to plan and train to complete a 26.2 Mile running event.

Introduction



Runners, on your mark, get set, go!

Preparing to run in your first marathon may seem like an impossible task, unless you plan your goal. Mentally and physically one must anticipate to successfully complete this milestone event.

By breaking the run down into a series of little races, will allow you the honor of completing the complete event.