

How to train for a Marathon

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Task

Marathon training:

Whether you are new to running or looking to take your running to the next level, completing a marathon is both physically and mentally demanding. But, by taking the right steps in getting started one can prepare for success on your big day.

Some important aspects to consider before you start training:



- **Pre-train:** Before you begin a training program, allow at least 8-10 weeks of light running to allow your body to adapt and prepare for training. Increase your total weekly mileage by no more than 10% each week.
- **Find a course:** Choose a flat one! Finishing a first marathon is tough enough as it is without adding the challenge of hills. Consider courses with thousands of runners as you will find a more support from fans and other runners. Typically, the more runners, the better.
- **Select a training program:** Take a look at multiple programs to find the one you feel most comfortable with based on your current level of running and your goals.
- **Talk to your family:** Be sure your spouse and kids know why you plan to run all these miles! Marathon training is time consuming so it is important that your family understand why you want to achieve this goal and for them to have at least a general idea of how much time you will be spending on runs each week.
- **New shoes:** Be sure to get a new pair of running shoes and do not be afraid to spend more than you typically would on a new pair. Look for a local running specialty store and get over there. They are usually experienced runners themselves and will get you into the right pair - and even give you a tip or two.

- **Find a running route:** Before you begin training, go ahead and find good running routes, especially for your long runs.

These are just few tips on marathon training.