

# How to train for a Marathon

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## Evaluation

This is how your work will be evaluated.

### How to train for a marathon

CATEGORY	Ready to run	Almost there	Little more training to do	Not ready to run
<b>Endurance</b>	Running up to 20 miles with at least a 16 minute mile pace at one time. Not feeling completely out of breath at the end of this run.	Struggling a bit near the end of your run (20 miles). Having to stop and walk frequently during run.	Struggling around 15 miles and unable to make it up to 20 miles. Spending the majority of the time walking.	Unable to run for an extended period of time.
<b>Mental Readiness</b>	Runs with confidence and positive thoughts. Truly believes finishing a marathon is a possibility.	While running still has some doubts and negative thoughts, but upon completing a run belief is restored.	Thought of running still daunting and instills fear. Is very unsure of ability to complete a race	Does not think running a marathon is a possibility.
<b>Eating Habits</b>	Understanding why certain food groups are important. Eating three balanced meals a day.	Sort of understanding the importance of eating habits. Doesn't always eat this way. Meals could be more balanced.	Eating habits have not really changed. Does not understand relevance of eating balanced meals.	Does not eat three balanced meals a day, eats larger meals less frequently through the day.
<b>Sleeping Patterns</b>	Sleeping at least 8 hours before a large run. Feeling like you have enough energy to make it through the day. Able to wake up early to run.	Sleeping a proper amount of time each night, but gets tired throughout the day. Waking up early is sometime still a challenge.	Often feeling tired throughout the day and need to take frequent naps. Not sleeping regularly through the night and rarely wakes up early to run.	Sleeping either too much (10+ hours a night) or too little (less than 6 hours a night). Feeling very fatigued through the day and never wake up early to run.