

How to train for a Marathon

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Conclusion

Marathon Day:

Tapering in the final weeks before the marathon will help your body recover from marathon training and be strong for your big day. You will also want to carbo-load the week leading up to the race. Given the atmosphere at most marathons, you will likely feel full of adrenaline after leaving the starting line. Remember though, marathons are about endurance and pace is critical. Maintain pace to save everything you have left for your **big finish!**

