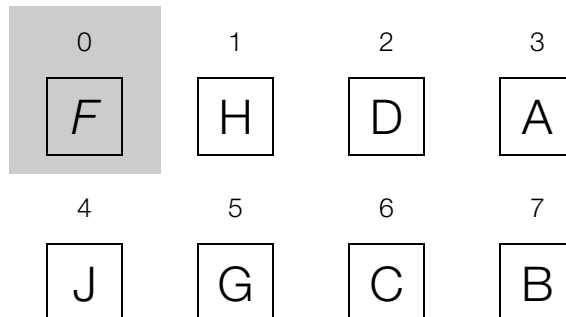


Korrekturhinweise

Running a marathon



Begründungen

0

The paragraph is about the idea that when you start your marathon training you should already be able to run at least three times a week, which means you should have your running shoes ready for use. The text says: “So if your running shoes have been left in a musty cupboard for years, you need to get to that point first.”

1

This part of the text is about what to do first when you decide to train for a marathon. It stresses the importance of a well-designed training plan, devised by a reputable coach. It says that you need to do your research and find a training plan that is right for you and your level of fitness, but you shouldn't feel completely exhausted after your training sessions. So even though you have your personalised plan, you might have to adapt it. The text says: “Don't, however, be a mindless slave to this plan.”

2

The paragraph further elaborates on the idea that during your marathon training you will have to find your own balance between pushing yourself and recovering. You should not push yourself too far or you might injure yourself. The text says: “Accept that, and listen to your body.”

3

The paragraph is about the idea that marathon training won't be easy and it will last for a few weeks or months. The sentence connects the focus on commitment with the examples after the gap of a marathon being a challenge. The text says: “It's a long-term commitment.”

4

The paragraph elaborates on the idea that you will need a lot of support during your marathon training. You might not go out as often as before, and if you have a partner they will need to support you at home. The text says: “This all takes support, sometimes lots of it.”

5

The paragraph is about the idea that there are many different marathons to choose from. The text says: “Whether you prefer a big city marathon or something a lot smaller and off road, there's a race for you.”

6

The paragraph continues to describe the author's experiences of running the London marathon. She says that the chances are slim that one will be allowed to run the London marathon. The text says: “But if you get the chance: do it.”

7

The paragraph is about the idea that everyone might have different goals for their first marathon but what is most important is to be able to get to the finish line. The text says: “The primary goal before your first marathon should be to finish it.”