Training for a marathon requires careful preparation and steady, gradual increases in the length of the runs. Before you begin your training , buy the best-fitting running shoes you can find. No one can say which brand will work best for you or feel best on your feet, so you have to rely on your experience and on the feel of each pair as you shop. When you have found shoes that seem right, 学科网(www.zxxk.com)--教育资源门户，提供试卷、教案、课件、论文、素材及各类教学资源下载，还有大量而丰富的教学相关资讯！walk in them for a few days to double-check the fit. If they still feel good, you can begin running in them . As always, you should stretch(伸展) at least ten minutes before each run to prevent injuries.

During the first week, do not think about distance, but run five minutes longer each day. After six days

1. , it is wise to take a day off to rest. But during the next week, set a goal of at least a mile and a half per run.With each day, increase the distance by a half mile. After two weeks, start timing yourself. Now you are ready out a goal of improving distance and time. Depending on the kind of race you plan to enter, you can set up a timetable for the remaining weeks before the race.