# **MARATHON RUNNING FOR DUMMIES**



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From Running a Marathon For Dummies. By Jason Karp . To be the best you can at running a marathon, you need to start by making sure you re running with proper form. When you have your technique down, you can start thinking about training for the marathon, including the important concept of alternating your pace during workouts.

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### Marathon Wikipedia

The marathon is a long-distance race, completed by running, walking, or a run/walk strategy. There are also wheelchair divisions. The marathon has an official distance of 42.195 kilometres (26.219 miles; 26 miles 385 yards), usually run as a road race. The event was instituted in commemoration of the fabled run of the Greek soldier Pheidippides, a messenger from the Battle of Marathon to Athens

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carrie hils-hanscom February 15, 2017 at 7:51 am. Hello and thank you for your blog about running/pilates. I live outside of Cincinnati, OH and despite such a large running community, I ve not come across a pilates class for runners.

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