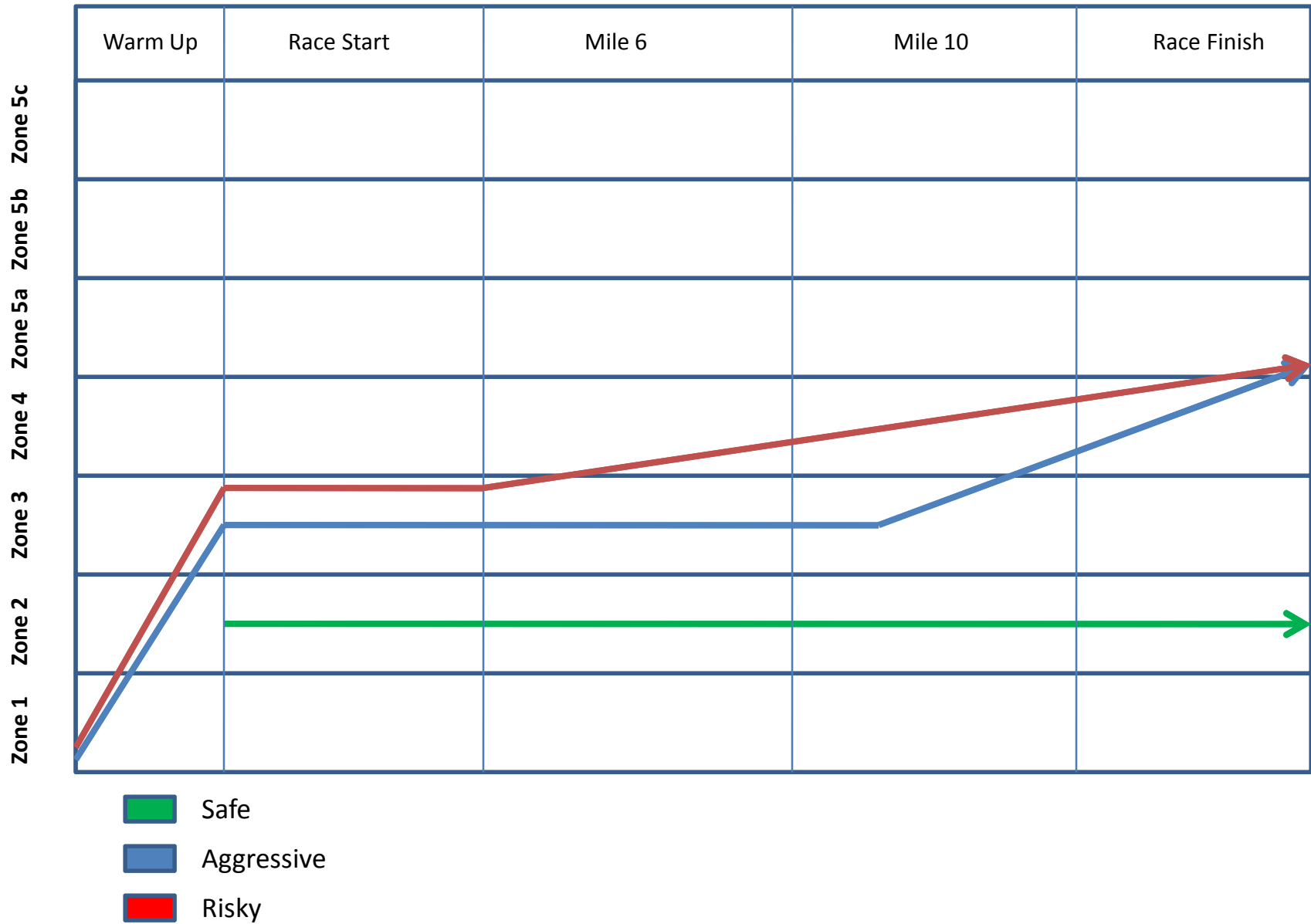


# Marathon Race Strategies

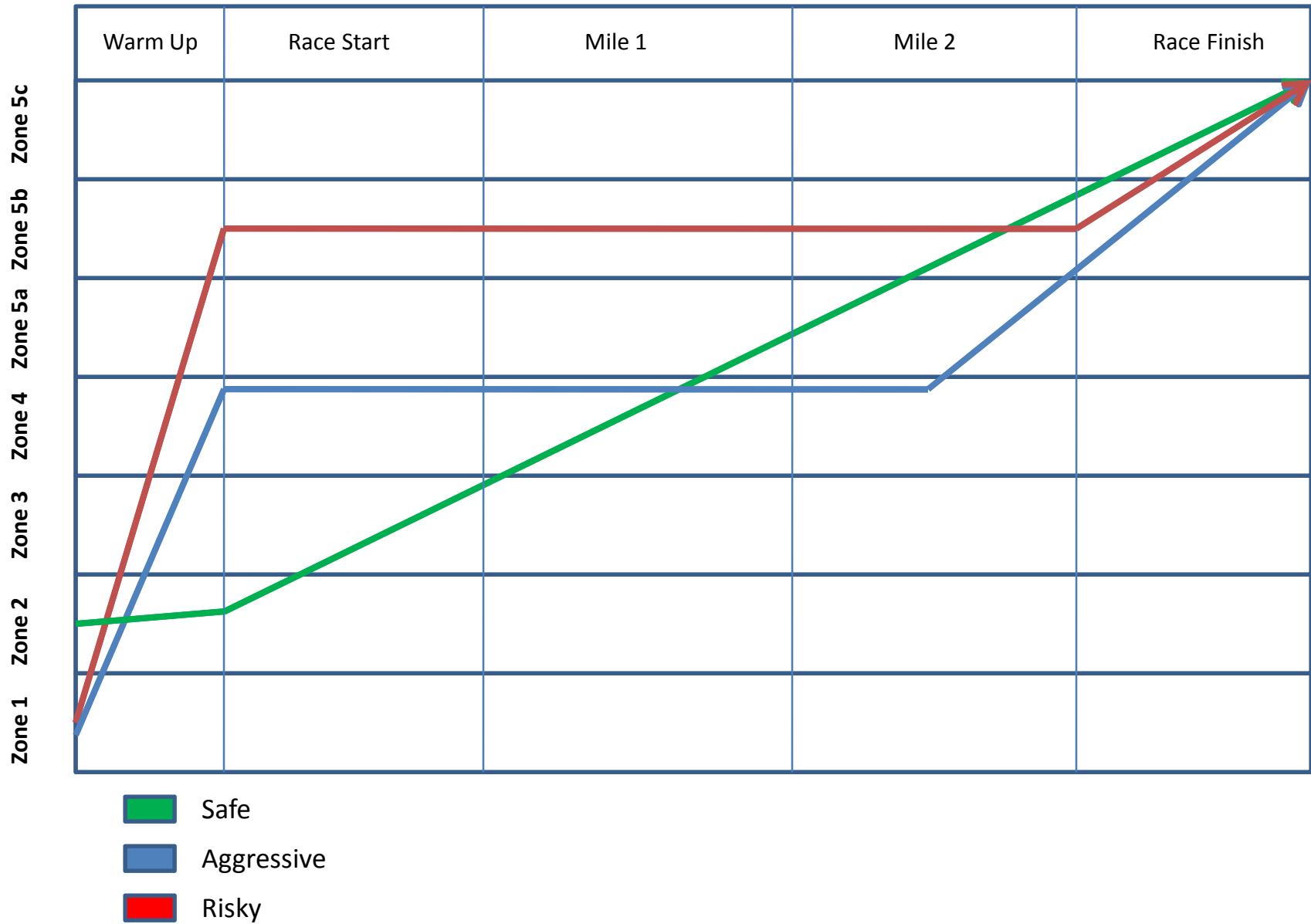


- Safe
- Aggressive
- Risky

## ½ Marathon Race Strategies



## 5k Race Strategies



# 10k Race Strategies

