\What is a marathon, and what does it involve?

If you have signed up for a marathon, it is time to prepare your body for the demands of running 26.2 miles. For most people, a marathon is a peak of what their body is capable of doing. Consequently, you will have to change how you think about and treat your body completely, so it's able to endure a gruelling challenge whilst conserving energy. Moreover, you will have to retrain how you think about 'tough times' since there is a 0% chance of slipping through its grasp.

# How Long Does It Take To Train

From a starting point where running is complex, running a marathon could be a goal ranging from six months to a year, but hopefully, you have some base level to work on. Generally, most runners adopt a twelve-week plan. This plan will allow you to build up your mileage and speed gradually, so the distance you run per week is at a peak at around week eight or nine. Then from there, to week 12 and race day, you are tapering how many miles you run.

# Lifestyle

Running a marathon is more than the runs you do each day. Firstly, you must improve the everyday things you do: sleeping, eating and thinking. At the start of your training plan, the things you eat and drink will have a small impact on the actual race day; however, you will eventually need to come to terms with the fact that sugary drinks and fatty snacks will be adding precious minutes to your final time. Moreover, sleep is required for recovery, and the body simply cannot get stronger without it. Hence it would help if you avoid activities that can disrupt your sleep. Overall, completing a marathon is more than just running.

# Different Types of Runs

If you have booked yourself in for a marathon, we will assume you have the ability to at least run 5km - this is a great start. Even as a beginner, a good time to aim for is four hours. When it comes to building on from this, it will take a lot more than just leaving your front door and steadily running for thirty minutes consistently. There are a variety of different runs. Despite how similar or different they appear, their main goal is to develop your stamina, so you can continuously run for up to four hours.

The first run you must introduce is the 'long run'. The 'long run' should be relaxed, and the goal is to get you comfortable with spending a prolonged time on your feet. It would be best not to push yourself in terms of speed, as time is the only thing that matters - and a starting goal should be 1 hour. Aim to fit in one 'long run' a week. Each week you can try to increase the time spent on your long run, and ideally, by week four, you can run for one hour and thirty minutes.

The second type of run that will be helpful to introduce is a 'threshold run'. This type of run is responsible for building the maximum capacity of your stamina. During a threshold run, you will spend time working at high speed and jogging at a pace to catch your breath. When you are at a high rate, your body will learn how to use energy. The aim over time is that you can become more comfortable at higher and higher speeds. This is ultimately what will allow you to be fast enough to finish running 26.2 miles in nearly four hours. As you go through your training program, your threshold will continue to rise. For example, early on, you might be able to run a mile in nine minutes comfortably, so during a threshold run, you may spend between two and three minutes at a speed that would let you run a mile in just eight minutes. Around week 10, your average speed would be a mile in 8 minutes, and now your upper threshold is much higher. So, when you do this workout, you will run at seven minutes per mile. As you can see, by using this workout, you will become fitter and faster.

Lastly, another run that is a staple in your weekly schedule is the 'easy run'. Realistically, it is vital to implement this run at least twice a week along with the other two types of runs. Three of these runs is ideal. Just like the long run, it is to get you comfortable with extended time running. However, nobody is born able to stay running for 26.2 miles. To get to this point, you must spread this distance over the week in separate runs. Therefore, you can gradually build your weekly total to 26.2 miles and beyond using easy runs. Just like the long run, the easy run at a steady and relaxed pace. The focus is also just time, and you should aim for 45 to 60 minutes per session.

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# Have Fun Out There

Now you know how to train and embrace the training - the last thing to do is get out there and run YOUR RACE!

| Question Number | Question and answer | Type of questions  evidence |
| --- | --- | --- |
| 1 | "The second type of run that will be helpful to introduce is a threshold run". Based on this sentence, which option is most true?  a) You must include this run into your workout  b) This is the most helpful run you can do in your training plan  c) **You will improve if you include this run in your training plan**  d) This run is not necessary to run a marathon. | Understanding the language |
| 2 | What writing technique is “there is a 0% chance of slipping through its grasp”?   1. Simile 2. Metaphor 3. **Personification** 4. Analogy | Language technique |
| 3 | Which line from the text tells us a marathon is one of the hardest things to do?   1. **‘a marathon is a peak of what their body is capable of doing’** 2. ‘The demands of running 26.2 miles.’ 3. ‘you must improve the everyday things you do: sleeping, eating and thinking’ 4. it will take a lot more than just leaving your front door | Understanding the language |
| 4 | Which one of these options is false?   1. During a long run, you must run at a relaxed and slow pace 2. The aim of long and easy runs is to continuously run to a specific time 3. **During a threshold run, you need to be able to run at a fast speed as long as you can** 4. The speed of a long run should be slower than the easy run | Fact finding  you may spend between two and three minutes at a speed |
| 5 | What is the purpose of the easy run?   1. It is to get you to enjoy running for a long time 2. **It is to get your body used to running distances similar to a marathon over a week** 3. It is to gradually build up how much you can run in total 4. It is a run necessary so you run at least four times a week | Finding facts  However, nobody is born able to stay running for 26.2 miles. To get to this point, you must spread this distance over the week in separate runs |
| 6 | Which of these statements is true?   1. Running is the most important thing to work on during the twelve weeks and if you follow it you will finish in four hours 2. Without changing your lifestyle a marathon will be impossible to finish 3. If you do not follow the twelve-week plan exactly, the marathon is impossible to finish 4. **By altering your lifestyle and following the training plan you have a good chance of finishing the marathon with a good time** |  |
| 7 | Which statement best describes how a threshold run works?   1. **By running at a level that is difficult repeatedly you can become more comfortable with that level** 2. By running a long time at a fast pace you become fitter 3. By running at seven minutes per mile infrequently, it becomes easier to run at eight minutes per mile 4. All the above perfectly describe how a threshold works | Understanding large sections of information and summarising |
| 8 | What is not mentioned in the text?   1. How long you must taper down the distance you run 2. When you should be running the maximum total of miles per week 3. Whether the twelve-week plan is easy or hard 4. **Why you need to taper down the total distance ran in training** |  |
| 9 | According to the passage, which of these things would be disadvantageous to your running?   1. Eating a lot of birthday cake right at the start of the program 2. **Waking up super early to fit in a run during a very busy day** 3. Buying a brand new, memory foam mattress 4. Meditating a few minutes a day |  |
| 10 | According to the passage, what is the ideal number of runs you should be doing a week?   1. 3 2. 4 3. **5** 4. 6 |  |
| 11 | From reading this, which of these options best summarises the running plan   1. In three months you will build up your stamina so you can run as much as you can just before the marathon 2. With this training plan you will continuously run more until the day of your marathon 3. In just twelve weeks any body can be able to run a marathon within four hours 4. **With some prior experience, this plan will help to finish a marathon by the end of twelve weeks** | Understanding the text as a whole and making accurate opinions and no falling for traps in the answers |