

WARNING: You Can Injure Your Body If You Don't Know How To Train For A Marathon

So you want to run a marathon!!!



Adriele Prina-Mello

25th March 2009

Be structured -> organised your week ahead

Be consistent -> Keep practising

Be Healthy -> consult your GP

*Don't be afraid to ask -> in doubt ...
email us*

*Join the IPOD revolution -> if not in a
group*

Why, what, when, where, how

- Set your goals ahead and write them
- Identify your training friends or look for a running group...More FUN!
- Always set time a part for stretching (pre / post session)
- Invest time and money to identify the right shoes for you
(seek for professional advice)
- Invest time and money in proper running gears
- **Mainly enjoy every second of it**

Your motivation = your free time...

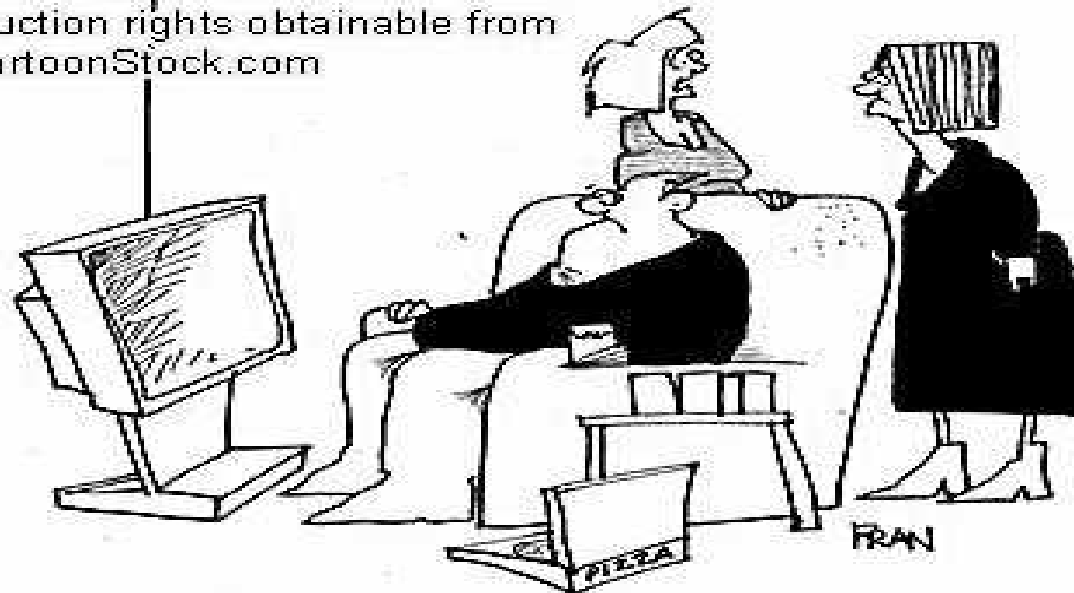
- Your motivation → vital
- Your running time → best medical care
- Your commitment → road to mental health
- Your long run → your weekend detox



Be realistic!!! Focus on your priority!

The best training session

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HE'S IN TRAINING FOR THE LONDON MARATHON, HE WATCHES IT EVERY YEAR

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Mild jog at consistent pace (1hr)	Rest or stretching	Run at brisker pace than tues (1hr)	Rest	Stretching	Group Run

Some dates for the calendar

June - Adidas 5 mile challenge in the park.

Mass participation. Suitable for **ALL** standards.

August - Streets of Galway. Suitable for **ALL** standards.

August - Frank Duffy 10 mile. Part of the Adidas series, suitable for **ALL** standards.

September - Adidas half marathon Phoenix Park.

Suitable for **ALL** standards.

26th Oct DUBLIN Marathon.

We are going to be ALL there prepared.

