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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How To Train For A Marathon

By Gray Rollins

Training for a marathon is a process that takes a lot of time. To get yourself into peak condition for a long distance run, you will need to gradually ease your body into the kind of intense endurance challenge that a marathon provides. It is a good idea to set up a running plan at least a few months ahead of your chosen marathon event so that you can safely progress to the kinds of lengths and speeds you need to reach while staying safe and protecting your muscles from damage.

You should plan on running at least five or six days per week throughout the training process. It is much better for your muscles to run shorter distances often than to overdo it with one or two very intense days of exercise per week. By pushing yourself a little bit farther each day, you are giving your muscles time to recuperate every night from the small amount of muscle trauma that is a necessary part of gaining power. This allows you to go into every workout with more strength than you had when you started the day before. It is a good idea to start with six short runs per week, and then gradually lengthen your route on a few days so that you are eventually running two long distances and four shorter ones each week. Your longer runs should be spaced equally through the week, so that you are running long distances on, say, Sunday and Wednesday. This kind of schedule will give you ample time to recover from the exertion of your long runs so that you don't injure yourself. Your short runs don't need to be very long, as merely three to six miles will be enough to keep you fit between endurance runs. Work your way up to your goals over the course of a few months, and by two or three weeks before your event, you should be able to start concentrating on speed rather than distance.

This kind of rigorous training schedule can seem like a lot more hard work than it is fun. To stay motivated, it is often a good idea to take the time to appreciate how much progress you are making. If you are training with a big goal in sight, it can sometimes feel like you will never get there. However, it is crucial that you don't try to rush your training process, as a large number of running injuries are likely to happen in precisely that kind of scenario. It is important to be good to your body by taking your time, but it is also important to be good to your mind by appreciating how far you have come. As a part of your training schedule, plan to reward yourself at several points along the way with a massage, or with a lovely and healthful meal in a nice restaurant. This will help you continue to feel enthusiastic about your training process, even when the going gets tough.

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Gray Rollins is a featured writer for RunningSwiftly. To learn more about marathon training, visit

<http://www.runningswiftly.com/marathons/>

and

<http://www.runningswiftly.com/marathons/runamarathon/>

The Real Tips For Marathon Training

By Sylita Thomas

Have you ever run a marathon, or even been a spectator, if so, you'll appreciate the motivation and commitment involved. If you're not prepared when it comes to race day you can expect many hours of suffering and struggle!

It doesn't have to be that way, of course, if you put in the required training over several months. This requires commitment and motivation, and a belief that the accumulation of all those training miles will help you to reach your goal— whether this is time-oriented, or the equally valid desire to get round.

Everyone can always do something more, but even the elite athletes feel that way. Every athlete has their challenges — whether it's getting the children ready for school, or an Achilles injury. It's how we overcome these challenges that make us stronger, and mean we can stand on the start line with a quiet confidence.

So what is meant exactly by motivation and commitment? Motivation is the desire to achieve something unusual that gives you the incentive to do things that other people are not prepared to do. Not many people are prepared to train week in, week out so that they can stand at the start of a marathon and say to themselves, "yes, I am ready and I couldn't have done anything more."

If you're working full time you might have to get up every day at five a.m. to fit your training in, and this will take commitment, motivation and determination. It won't help if after a few weeks you revert to your former habits, and get up half an hour before you have to leave for work.

Whether it is getting up early, or beginning a fitness program your motivation and commitment needs to last over the long term to have an affect. In training for a marathon it will not help running for ten miles every two weeks, and doing no exercise in between. Your body will have forgotten what it has to do by the time you run again! It is better to run three or more times a week with one longer run on the weekend, and you will be in better shape.

These small, regular runs will add up to success over time, but they are far easier to do when you have a target to aim at. This can be a time you want to run, or the desire to complete the 26 mile race. Either way if you know what you want to achieve you will be more likely to do the things you need to do. Having a target concentrates the mind, and increases your motivation. (

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My name is Sylita Thomas and I am the author of (

Sports Nutrition

Talk and

<http://www.Basketball-Overseas.com>

). As a professional athlete and former collegiate athlete I have

the honor of providing these tasty recipes for the true athlete. Having traveled to several countries in Europe, I would like to share my recipes and tips about eating well for success.



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