

# First Steps

## Marathon Training

1

### Your Health



Consider your health, and if you have any concerns please consult your GP before starting any training.

2

### Enter A Marathon



To run a marathon you need to enter one! Where and when will you run your marathon - get the date in your diary.

3

### Consider Your Why



You are going to need some really strong reasons as to why you want to run a marathon. These will help you stay motivated on those hard days.

4

### 5K Training Plan



Start your running journey with a 5K training plan. Get into the habit of running three times a week. Book yourself into a 5K race.

5

### One Step At a Time



Remember to give your body time, build up slowly. The journey of marathon training is in itself a marathon and not a sprint.