



All Things Marathons

Describe two different training methods a marathon runner could use to improve their endurance.

Identify 3 Components of Fitness that are important in Marathon running.

Describe two long-term effects of marathon running.



Which type of exercise is Marathon running
- Aerobic/Anaerobic

Explain the importance of Carb Loading before a race.

Explain which type of muscle fibres are most beneficial for marathon runners and why.