



# 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.**

