

Example: (0) NO

Running a marathon

So you want to run a marathon? There is **(0)** doubt that running 42 kilometres is a great achievement. Many training plans involve running four times a week for at **(1)** three months, and sometimes longer. Experts strongly recommend that you should **(2)** used to running long distances gradually. If you don't, it can increase the chances **(3)** picking up an injury. It **(4)** generally thought that runners should initially go on fairly relaxed training runs. The pace should be gentle enough to allow you **(5)** have a conversation with someone running alongside you. Don't make the mistake of eating too little before the race, or you will rapidly run **(6)** of energy. But **(7)** should you eat a large meal. It goes without saying that choosing the right footwear is also essential. **(8)** you do, avoid clothes made of cotton and go for artificial materials, or even some types of wool such as merino. Choose clothing that will be comfortable.