

Read the following paragraph. Fill in the blanks with appropriate time order words. Remember to use proper punctuation.

One big challenge that many people like is running in a marathon. A marathon is a race that is over 26 miles, so it is very hard to complete the race. If you want to run the entire course, you have to train diligently. _____ buy a good pair of comfortable running shoes. Then begin your running practice at least six months _____ you run in the race. Try to run three to six miles at least four times a week. You must also stretch before and after a run to avoid tight muscles. _____ your body is accustomed to longer runs, you can work on your strength by doing sprints, or short fast run. _____ lengthen your runs to ten or 12 miles. Make sure you drink plenty of water when you go on longer runs because it is important for your muscles. When the day of the race is close, check your shoes. You might need a new pair. The night before you race, eat a lot of carbohydrates. They will give you energy for the big day. _____ on the day of the race, get up early and drink plenty of water. You should feel confident, strong, and ready to go.