

Title:

How To Train For A Marathon

Word Count:

505

Summary:

Training for a marathon is a process that takes a lot of time. To get yourself into peak condi

Keywords:

marathon

Article Body:

Training for a marathon is a process that takes a lot of time. To get yourself into peak condi

You should plan on running at least five or six days per week throughout the training process.

This kind of rigorous training schedule can seem like a lot more hard work than it is fun. To

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