

Love advices and investigations suggested to a 40 years old man who is preparing ...

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The paper "A Few Tips How to Prepare for a Marathon in Six Months" is an inspiring example of a term paper on sports & recreation. Physical fitness and mental strength are essential for any long-distance runner. Running for over 26 miles is never an easy task to accomplish. Like in every other activity, if one does something with passion the results are more or less satisfactory. Running is uplifting and enjoyable. It is a stress reliever and sensual pleasure (McDougall, 2011). In key marathon events sometimes, over 20000 people participate. Each and every one of those people run for different reasons; some run to win the medals and the prestige that comes with it, others run to keep fit, others for fun and others run for a course. Running can sometimes have dire consequences affecting both beginners and professional athletes (Daniels, 2005). It is learning and patient processes. Sometimes even a jog within a certain distance can cause body discomfort (McDougall, 2011). Daily fitness exercises are essential to prepare for a marathon race. They improve your general health and prolong your life. Even a few minutes of exercise a day can extend your life by a few years. Exercises prepare the body both physically and mentally to face the challenge to come. Running an epic is not an easy mission and poor preparation may lead to the participant not finishing the race (Holland, 2007).

Physiologically the body must adapt using energy reserves from fat storage organs after depleting the glycogen in muscles. If muscles can store more glycogen, it increases the marathoners' chances of finishing a race without burning out. Long training runs help achieve this. Marathoners should do

their practices earlier so that they will rest enough before the actual marathon. This will help them avoid tiring during the race. A person who trains for 20 miles before the actual race will most certainly underperform as his pace will slow down remarkably.

The key to performing well in a marathon is to plan. This will make the marathon an enjoyable occasion rather than a painful experience.

Strengthen your leg muscles and ligaments to improve your endurance (New York, 1968). This will ensure that your legs will not give way when need them the most. Confidence and self-esteem levels are also necessary for better performance. A forty-year-old man should not feel intimidated by the presence of younger and youthful runners. They should possess exuberant confidence and believe in themselves (Lieberman, 2012). They should also possess a strong mental coping skill to help them run as a world-beater.

A marathoner should eat well before the day of the race. We highly recommend foods full of carbohydrates while equally discouraging those with proteins and fats (Higdon, 2005). In addition, they should drink enough water like 8 ounces (Lieberman, 2012). What we eat is as significant as training. As they say, we are what we eat. A runner consumes energy in every workout he does. Inconsistencies in a diet will have mediocre and dire results to your training adaptations. One's body needs maximum attention in terms of nutrition. We should give the bodies what they crave for (Hitz, 2012). Before the race drink some water and eat a light snack for breakfast. Drink many sports drinks during the race also water at certain given intervals. Continue

to drink fluids even after the race and eat something nutritious after some time to replace your depleted glycogen.

Do not overdress either in training or when racing. Wear synthetic blend socks, short shorts to wick away moisture and enhance one's comfort levels. Wear, low mileage shoes to absorb shock. Overdressing leads to overheating thus making one uncomfortable. It is advisable to wear a hat mostly during cold weather but suitable to discard it in humid conditions as it traps body heat (Lieberman, 2012).

When running in a marathon, run at a convenient pace so that one preserves glycogen and avoids injury. Preserve enough energy to help in pushing during the last miles (John, 2009). Run for time, time yourself and work to achieve a certain time target. It is satisfying to know that one has achieved his timed goal (Hitz, 2012). Try training with a group in long runs and avoid turning it into a race.

For a hypertension patient, your weight and cholesterol level is vital. It is notable that high blood pressure runs in your family. My advice is seeing a doctor and if one is already under medication ensure that their prescriptions meet the required standards. They should not contain any elements considered substance abuse because it might cost them an opportunity. Your whole six months training may go to waste if banned from the competition.

Cutting on your mass some more and watching your numbers could be

better. Running is highly advisable as control of hypertension. The American Council on Exercise research shows that habitual exercise can reduce hypertension by 19 to 30 percent. Long-distance running helps manage and reduce hypertension. One must live mostly within the safe zone.

Conclusion

The long-run is the main part of marathon running. It trains the body both physically and psychologically for one to complete the distance stipulated successfully (Bosch, 2007). In training, one should always run a minute slower than when in the actual race. Marathon running is an enjoyable and auspicious event that not only gratifies the runners but also one form of keeping fit.