

SPRINTS AND MARATHONS



**INCREASE YOUR SPEED AND STAMINA
IN RUNNING EASILY**

 **InspirationDNA**

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Foreword

Running is the act by which animals, including human beings, move by the power of the feet. Speeds may vary and range from jogging to a sprint. A lot of individuals compete in track events that place participants in a contest to test speed in a sprint or endurance in a marathon. The running mechanics are the same, but additional factors are very different in a marathon versus a sprint.



Sprints And Marathons

Increase your speed and stamina in running easily.

Chapter 1:

The Basics

Sprints commonly are tested in track events including 100 m, 200 m or 400 m races. World-class athletes may finish these events in ten seconds, twenty seconds or forty-five seconds, respectively. A marathon is a race that's 26.2 miles long with world-class athletes completing the race in just over 2 hours.

