



# GROUP MARATHON: A COMMUNITY APPROACH TO REMAIN FIT

**CASE STUDY/INSIGHT**



## GROUP MARATHON: A COMMUNITY APPROACH TO REMAIN FIT

Marathon is a long-distance race usually run as a road race. It could be completed by both running and walking strategy. Marathons are also conducted by communities and organizations for social cause like creating awareness and raising funds for charity. When like-minded people come together to prepare for marathons and participate as a group/community in the marathon, it is called a group marathon.

When people participate as a group, it will keep them motivated and stay focused. Since the group of people are of similar interest and mind-set, it will be encouraging and easier for them to practice and run for long distances. People practising for marathons as the group will enjoy the moments with friends and do it with interest. They can share a lot of tips and techniques for improving their performances. It will create a positive and supportive environment for people practising as a group. It would end up creating moments like get-together or reunion of friends. It helps in networking and socializing and removes the feeling of loneliness. The benefit of a group marathon goes with the saying, "If you want to walk fast, walk alone; if you want to walk far, walk together."





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Running a marathon requires regular practice, a balanced diet, endurance, discipline and focus. The preparation strategy may differ for different distances. A 5K race requires high-intensity interval training, a proper warm-up, starting at a slower pace and finishing off at high speed and food should be eaten 2 to 4 hours before the race. A 10K race needs doing several workouts at our own pace, consuming carbs, staying hydrated, practising high-intensity workout for four or five days before the race, etc. But it should be kept in mind that the person should never be over trained. During the practice sessions, the body must be given enough time for resting and refuelling.





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It is important to consume the right food before and during the marathon. It is suggested to eat easy to digest foods and avoid foods that are high in fibre and fat. During the marathon, 30-60 gram of carbs per hour, banana and energy drinks can be consumed. During the marathon, it is very essential to remain hydrated. A person should be mentally and physically prepared for the marathon. Running a marathon requires a proper training session, a balanced diet, stamina and hydration.

The dress and shoes that one wears during the marathon are also equally important. The average lifespan of running shoes is 500 km and after that, they should be replaced with a new pair of shoes. This is done to prevent injuries and to protect joints. Choosing shoes of the correct size and type is necessary. Wearing a comfortable, fit and bright colours dress would be suitable for the marathon. A relevantly well-dressed person with a suitable type of running shoes would manifest his/her self-confidence. A group marathon has benefits on our health and social relationship. It keeps us active, fit, motivated, energetic, socialized and also helps build a network with diverse people.

So what are we waiting for? Let us join a community for the marathon and enjoy the health and social benefits of it!

