

# HOW TO RUN YOUR MARATHON

HELP AND ADVICE TO GUIDE YOU THROUGH  
YOUR BUILD UP TO THE VIRGIN LONDON  
MARATHON 2011

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HOW TO PLAN YOUR TRAINING  
AND HOW MUCH YOU NEED TO DO.

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WHAT ARE THE RIGHT SHOES FOR YOU?

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FUELLING YOUR BODY – A GUIDE TO YOUR NUTRITION

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RAISING MONEY FOR CHARITY?  
GET THE MOST FOR YOUR CHOSEN CHARITY.

**MONDAY 13<sup>TH</sup> DECEMBER**  
**SPORT PARK – LOUGHBOROUGH LE11 3QF**  
**7-930PM**

**Attendance is entirely free- register today!**

For more information or to register your place please email

[John.skevington@hotmail.com](mailto:John.skevington@hotmail.com)

or telephone 0781 769 3777

Charities may block book places in advance, please advise number required.



LEICESTER-SHIRE  
& RUTLAND SPORT  
SPORT & PHYSICAL ACTIVITY



**Leicestershire  
Vision 2020**  
Athletics Network

**LOROS**  
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**rainbows**  
hospice for children and young people