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# Fully loaded half-marathon!

**TIMES NEWS NETWORK**

## Excitement Running High Among Sports Lovers In City

With one of the most exciting sporting events just under a month away, it is time to gear up for the challenge that promises to be physically rewarding and mentally invigorating! The B Safal Half-Marathon -in association with TOI and NGS -is scheduled on January 4, 2015, on the AES Ground, Bodakdev, at 5.30 am.

The marathon is animated by a fascinating legend. It is a race that was celebrated in the first modern Olympics to commemorate the 490 BC run of a soldier, Pheidippides, from a battlefield at the site of the town of Marathon, Greece, to Athens -a distance of 40km. The soldier ran to convey the message of victory over the Persians. In 1908 at the London Olympics, the marathon was lengthened by 2km to complete a distance from Windsor Castle to White City Stadium, giving us the distance of 42km, which has stuck through history for over 100 years.

While it may seem like a daunting distance to cover by foot, it can be accomplished with proper training and patience. The half-marathon, the 21km race, is the fastest growing discipline in the world of running. It is a race that professionals, both men and women, can finish in around an hour. For amateurs, breaking the 2-hour mark is a common goal, and 1:30 hours is a good benchmark for competitive half marathoners.

If you have been moving, but not running, the 5km or the 10km are great starts. Try starting with a walkjog approach as you build endurance -jogging until you start to breathe heavily, then ease off and walk until you can breathe through your nose and jog again. Repeat this until you complete the distance you committed to completing. The key to successfully finishing these distances as beginners is to always keep your breathing in control. Being able to talk while moving is important. As soon as you go breathless, it is very difficult to recover and continue. There is plenty of time to get started with these distances: Try every other day to increase the distance by half a kilometer (1 lap around a cricket field) with your walkjog method.

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## SUCCESS REGIMEN

### PRACTICE

Whether you are starting as a beginner with the walk/jog method, or are an advanced athlete who can run 5km nonstop, hard work is in the training

### REST

Your body needs time to repair and adapt to your workouts. So rest well; minimum sleep of 7 hours is advisable

### HYDRATE

Hydration and intake of proper electrolytes will help you maintain energy levels

Registration and additional information is available at

[www.bsafaihalfmarathonamdavad.com](http://www.bsafaihalfmarathonamdavad.com)

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