

How to Train for a Marathon Essay

The screenshot shows the EssayPro website homepage. At the top, there is a navigation bar with the EssayPro logo and links for 'How To Order', 'Reviews', 'About Us', and 'Write My Essay'. On the right side of the navigation bar, there are links for 'DBA: EPRO', 'Log In', and a blue 'Sign Up' button.

The main content area features a large background image of a student sleeping at a desk with a pen holder. The text on the page reads: 'WRITING SERVICE AT YOUR CONVENIENCE', 'You - Send us your homework', 'We - Do it all for you', and 'Grab your original paper for just \$10 per page with a free plagiarism report included'. A blue button labeled 'Write My Essay!' is positioned below this text.

On the right side of the main content area, there is a 'Calculate the price' widget. It includes tabs for 'Writing', 'Rewriting', and 'Editing'. Below the tabs, there are dropdown menus for 'Essay (any type)', 'College', and '2 weeks'. A word count field shows '1 page / 275 words'. There are radio buttons for 'Double spaces' (selected) and 'Single spaces'. The calculated price is '\$11.4' with a flame icon. A blue button labeled 'Write My Paper' is at the bottom of the widget.

At the bottom of the main content area, there is a testimonial: 'NO MORE SLEEPLESS NIGHTS... 100% PLAGIARISM-FREE ESSAYS. ANY TOPIC OR DIFFICULTY CAN BE HANDLED!'.

Below the main content area, there are three review sections: 'EssayPro Reviews' with a 4.9 rating, 'ResellerRatings' with a 4.9 rating, and 'Sitejabber' with a 4.8 rating. Each section includes a star rating and a small icon.

LINK => <http://787787.com/writing-service?431193282>

The exhaustion you feel after finally crossing the finish line at a marathon is like nothing you have felt before. You are completely drained physically, mentally, and emotionally. Your legs hurt to the bone, at the same time you are gasping for air while your throat screams for moisture. All of this is a small price to pay for the overwhelming feeling of self pride and accomplishment you are overcome with. Running the [marathon](#) is only half of the process. Training is very important with steps such as finding motivation, diet, safety, stretching, and last preparations the day of the marathon. With many physical, mental, and social benefits the hardship is well worth it. I greatly enjoy running and hope to one day run a full marathon.

Running may be one of the oldest and most developed sports out there. According to legend, the first marathon was run unintentionally in 490 B.C. by a Greek Soldier (Pheidippides). The soldier ran twenty-five miles to Athens to announce battleground victory over the Persians then dropped dead. In 1896 the marathon was included in the Olympic games, in Greece, for the first time. It was there that the first gold was won by a Greek runner with a time of two hours fifty-eight minutes and fifty seconds. The current world record for the fastest finish is two hours three minutes and fifty-nine seconds. Marathoning has turned into a world wide activity and every person who

participates must endure intense training.

Training for a marathon is a huge commitment which calls for a large amount of time, energy, and physical strain. The key to training is staying motivated, practicing safe and smart training, and following a nutritious diet("How to Train for a Marathon"). Fi...

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