

# HOW TO RUN YOUR MARATHON

**HELP AND ADVICE TO GUIDE YOU  
THROUGH YOUR BUILD UP TO THE VIRGIN  
LONDON MARATHON 2012**

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**HOW TO PLAN YOUR TRAINING  
AND HOW MUCH YOU NEED TO DO.  
FUELLING YOUR BODY**

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**WHAT ARE THE RIGHT SHOES FOR YOU?**

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

**MONDAY 12<sup>TH</sup> DECEMBER**  
**LOROS – GROBY ROAD, LEICESTER LE3 9QE**  
**7.30 - 9PM**

**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 RUNNING SHOP**

