
We begin preparing for the University marathon

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29. 3. 2012; by: PhDr. Aleš Kaplan, Ph. D. ; Section: University marathon

Dear students eager to run,

It's again the same time in the year and the date of the University marathon is approaching by leaps and bounds.

There is no time to procrastinate the preparation for a running contest which is becoming a prestige matter not only for university students from all over the republic. This contest has gained a renown also abroad. The Oxford students' interest in participating in this relay race has proven this. Now I'm going to proceed to the most important dates:

The University Marathon will start at the same time as the classical marathon on Sunday, May 13, at 9.00 am at the Old Town Square. Let us introduce the University Marathon briefly. It is a student relay race on the running route of 42 km and 195 m which is intended for all students of Czech as well as foreign universities from 18 to 26 years. The students apply in the form of relay which shall consist of 4 runners, of whom 3 runners run the 10km route while the section of 12 km and 195 m is waiting the 4th runner. Due to the fact that it requires a certain level of athletic performance one has to properly prepare himself for the relay race and leave nothing to chance.

Just in the last year, we have prepared for you a series of articles, specialized advices and tips on the I-Forum University's Internet Magazine which might be a useful guide in the course of preparation for this unique race. We will be presenting you running training plans every week.

You have a unique possibility to measure your strengths with world runners, some of whom are going to participate in the sport's topic of this year, the Olympic marathon in London. Don't lose time and due to the beautiful weather start preparing right now!

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UNIVERZITNÍ MARATON

BĚH O POHÁR REKTORA
UNIVERZITY KARLOVY

13. května 2012

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