How do I navigate a Lessons page?

Go to Lessons.

Click on the Lessons Page Title (e.g. Unit #1) in the Tool Menu to display the page.

Lesson Content.

Week 1

The marathon is a long-distance running race with an official distance of 42.195 kilometres (26.219 miles, or 26 miles 386 yards),[1] usually run as a road race. The event was instituted in commemoration of the fallen run of the Greek soldier Phidippides, a messenger from the Battle of Marathon to Athens, who reported the victory.

The marathon was one of the original modern Olympic events in 1896, though the distance did not become standardized until 1921. More than 800 marathons are held throughout the world each year, with the vast majority of competitors being recreational athletes as larger marathons can have tens of thousands of participants.[2]

1. Green check - a required item has been completed.
2. Star - a required item that needs to be completed before being able to continue.
3. Gray Title- requires prerequisites be completed before having access.
4. Checklist - check off the items to indicate completion.
5. Click to move to the subpage.
Moving between subpages.

Use the Back and Next buttons on the bottom of the page to move between the main page and the subpages.

Or select the location from the breadcrumb located at the top of the page.