

Sept II 2017

JST IN

Distance running fortnightly



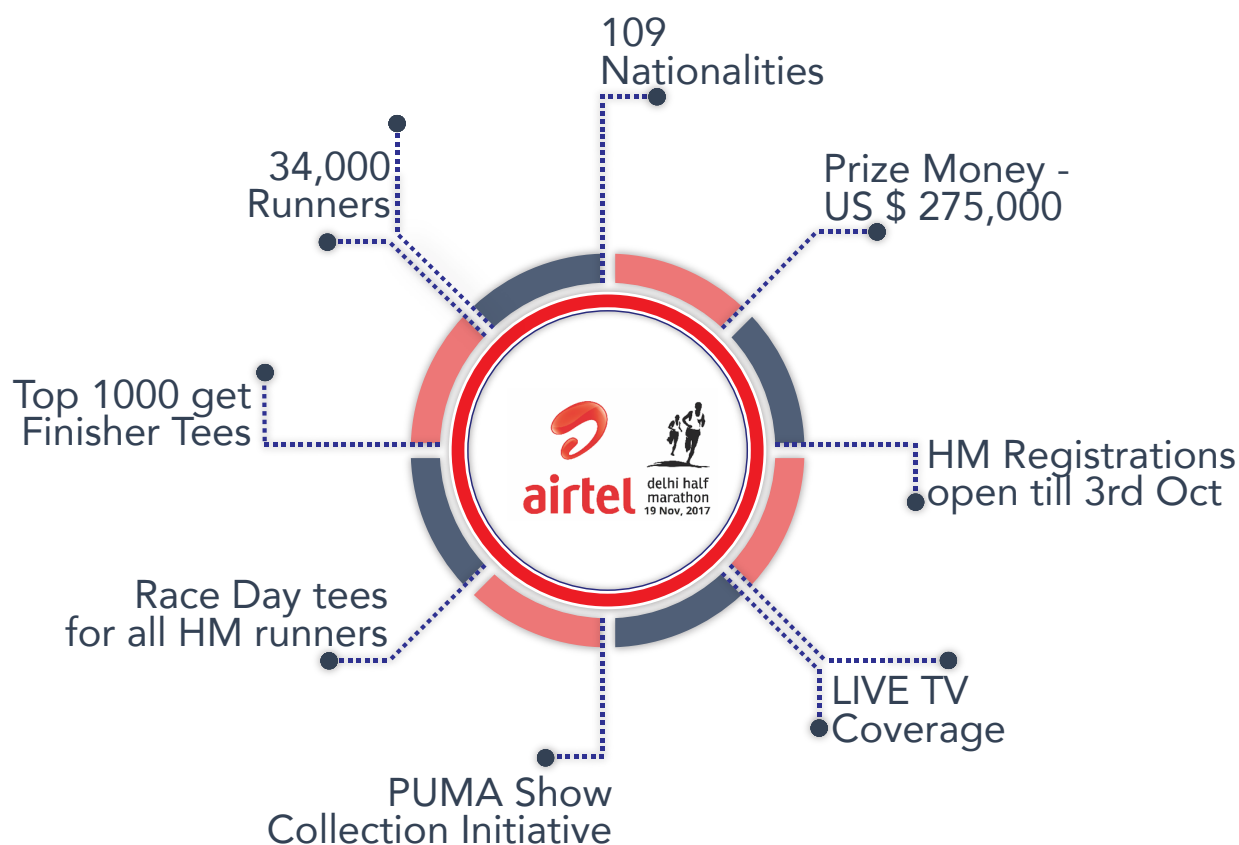
ADHM scores
a perfect 10 in
it's 10th year

Breaking Bad.
Joyciline breaks the
world record again



Clash Of Titans.
At the BMW Berlin
Marathon

Airtel Delhi Marathon scores a perfect 10 in its 10th year



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For online registration log onto www.adhm.procamrunning.in

OPPORTUNITY
EGALITARIAN
AMBITIOUS
HERITAGE COURSE
WORLD CLASS ELITES

10 / 10

BELIEVE
SCALE
ART OF GIVING
SAFER FOR WOMEN
MASS PARTICIPATION




Click Here To Watch
[The ADHM 10/10 Movie](#)

24
Sept
2017BMW Berlin
MarathonCLASH OF TITANS
3 Champions. 1 Target - WRHOW
THEY
STACK UP

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AGE	35	35	32
COUNTRY	Kenya	Ethiopia	Kenya
HEIGHT (cm)	182	160	167
WEIGHT (kg)	62	55	57
PERSONAL BEST	2:03:13	2:03:03	2:03:05
OLYMPICS PODIUM	B - 2	G - 3, S - 1	G - 1, S - 1, B - 1



 Breaking Bad. Joyciline breaks the world record again.

First woman to run 10 km within 30 min

10 km – 29:43

10 Sept 2017

Prague Grand Prix

HM – 1:04:52

20 km – 1:01:25

15 km – 45:37

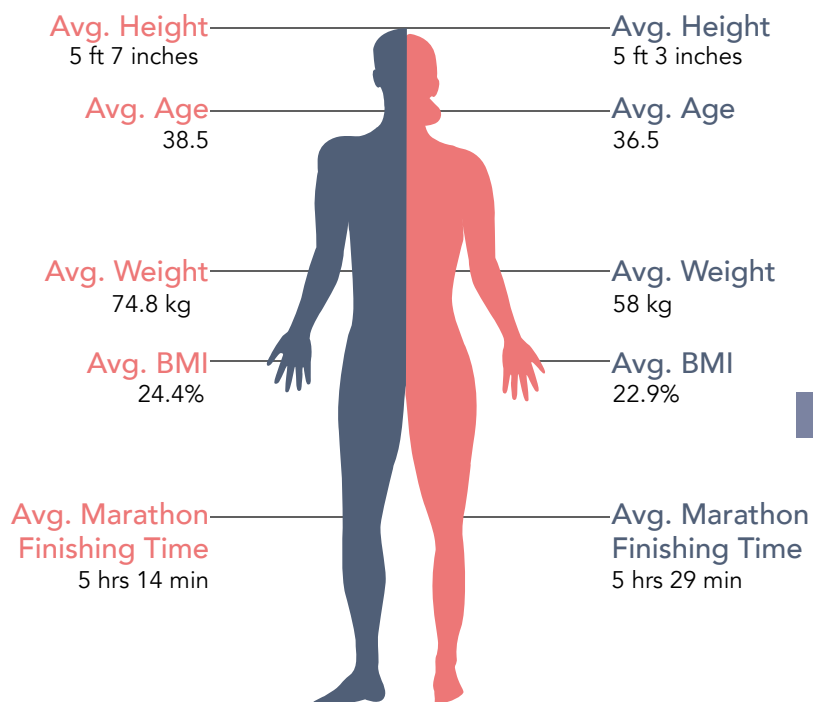
10 km – 30:05

1 April 2017

Prague Half Marathon

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MARS v VENUS



HOW MEN & WOMEN RUNNERS COMPARE

PARTICIPATION IN MARATHONS



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WHAT TO EAT BEFORE A MARATHON

TIME

FUEL/HYDRATION

- 2 hrs Before Run • Gut-friendly breakfast + glass of water. (Example: Oatmeal w/ honey & a piece of fruit.)
- 1 h Before Run • Drink a glass of water or electrolytes.
- 15 min Before Run • Take some run fuel. Maybe a partial gel or few chomps/blocks.



AFTER THE RUN STARTS

- Every 20 min • Drink electrolytes. A few sips or 3 ounces.
- Every 40 min • Take a 100 Calorie run fuel (gel or chews, etc.) Chase with a few sips of water.



AFTER YOU FINISH

- Within 10 min • Drink a bottle of electrolytes. Eat a piece of fruit.
- Within 20 min • Eat protein rich food and drink water.
- Within 1 Hour • Drink more water and have a full, healthy meal. Include fresh veggies/fruits and protein.

The Great India Quadrilateral Run

Michelle Kakade



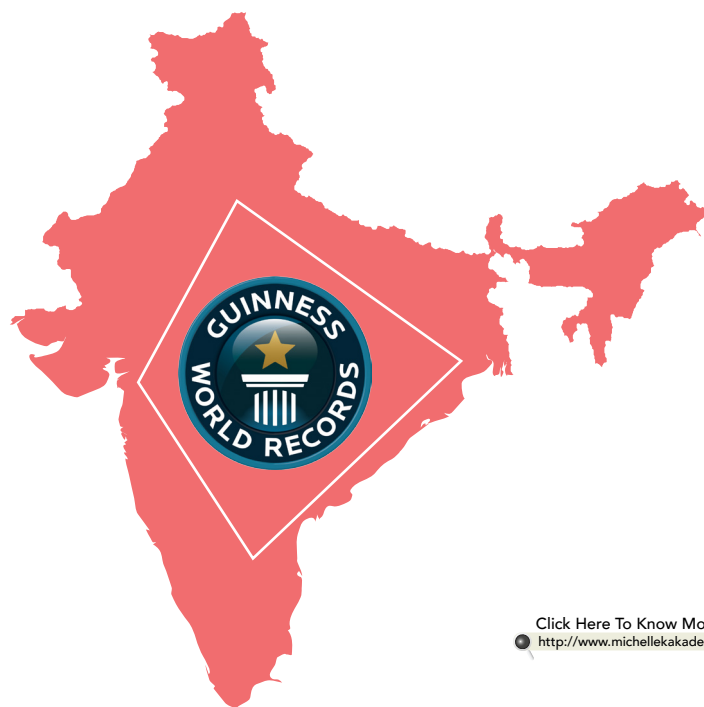
**THE QUEEN
OF ENDURANCE**

21 Oct '15 to
22 Apr '16

6010 km

181 days
Across 57 cities

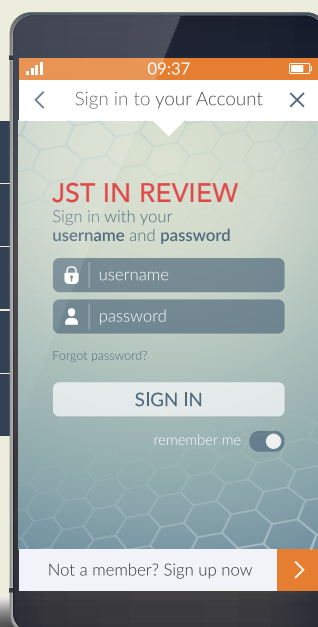
Equivalent of 143
marathons



Click Here To Know More
<http://www.michellekakade.com/>

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- 1 Endomondo
- 2 Runkeeper
- 3 Runtastic
- 4 Nike+ Running
- 5 Mobiefit



**TOP 5
RUNNING
APPS**

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