



A Level PE Summer Project

“NO MAN IS LIMITED”

Eliud Kipchoge has become the first athlete to run a marathon in under two hours, beating the mark by 20 seconds.

The Kenyan, 34, covered the 26.2 miles (42.2km) in one hour 59 minutes 40 seconds in the Ineos 1:59 Challenge in Vienna.

<https://www.bbc.co.uk/sport/athletics/50025543>

TASK

Research Eliud's preparation and training for him to break this record. You will need to investigate the following topic areas and see how they supported his success:

- ***Training***
- ***Nutrition (What was involved?)***
- ***Climate (How was this considered?)***
- ***Equipment & Technology in sport (What was used?)***
- ***Sponsorship (What involvement did they have?)***

Make sure you use viable sources to support your project. Use pictures, videos and google scholar to help you. There is so much more behind how the world record was broken that will fascinate you! That is why we believe you will enjoy A level PE!