



Our partners at HEYRunning have put together 10, 21 & 42KM training programmes to take you through the final 6 weeks of training leading up to the 2014 Grasslands Marathon! Combine with your existing training plan or if you're just starting training then jump straight in!

From the official introduction: HeyRunning Training Programmes will take you through lots of long slow stamina runs, fast speed sessions, fun strength and stride workshops during the next 6 weeks! It's going to be a tough, no, enjoyable (!) journey, and for just about all of us crossing the finish line, super satisfying when you are running up those last few hundred meters with your hands raised above your head! At HeyRunning we want you to have the best running experience possible!

You can read all about in their brochure linked below in user-friendly PDF, so what are you waiting for and grant yourself the best possible preparation for your Grassland challenge. And in case you wonder if the programmes really work: last year the marathon and half marathon were won by HEY runners. The Organising Committee of the Genghis Khan Festival is grateful to HEYRunning for this initiative!

And by the way, keep an eye out for the regular HEYRunning camps in Beijing as well.

Link to the [HEYRunning Grassland Marathon training programme](#) .