

# TCS MINI LONDON MARATHON IN SCHOOLS



# WHAT IS A MARATHON?

26.2 miles or 42.195km or over 57,000 steps!



tcs 

# REMEMBER THE ANCIENT GREEKS?



Content credit: [The marathon's ancient origins](#) | [British Museum](#)

# TCS LONDON MARATHON

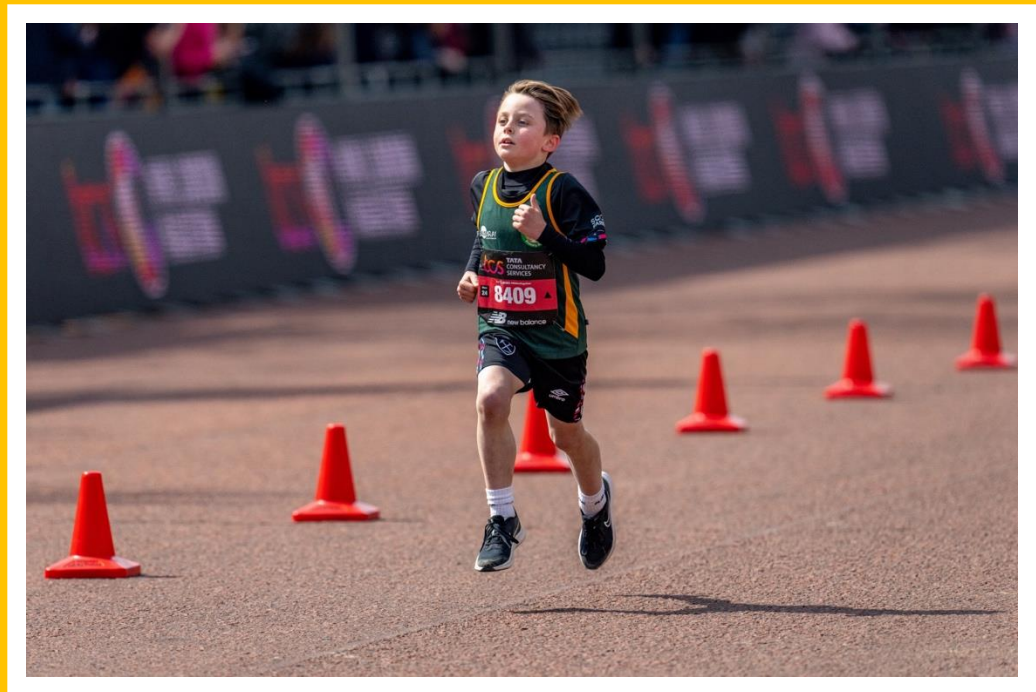


# HOW MANY STEPS DO YOU TAKE EVERYDAY?

- 6 - 11 year olds: 10,000 and 16,000 steps per day
- 11 – 18 year olds: 8,000-9,000 steps per day
- Marathon: 57,000 steps

The average finish time for someone to complete a marathon is 4 hours.

Running from the first lesson through to the end of lunch!



# WHAT ARE THE FASTEST MARATHON TIMES?

## MEN

2 hours 35 seconds (Kelvin Kiptum)

## WOMEN

2 hours 9 minutes 56 seconds (Ruth Chepngetich)

## MENS ELITE WHEELCHAIR

1 hour 20 minutes 14 seconds (Heinz Frei)

## WOMENS ELITE WHEELCHAIR

1 hour 34 minutes 16 seconds (Catherine Debrunner)

# WHAT ARE THE FASTEST TIMES FOR UNDER 18 YEAR OLDS?

## BOYS

2.6km distance – 7 minutes 32 seconds

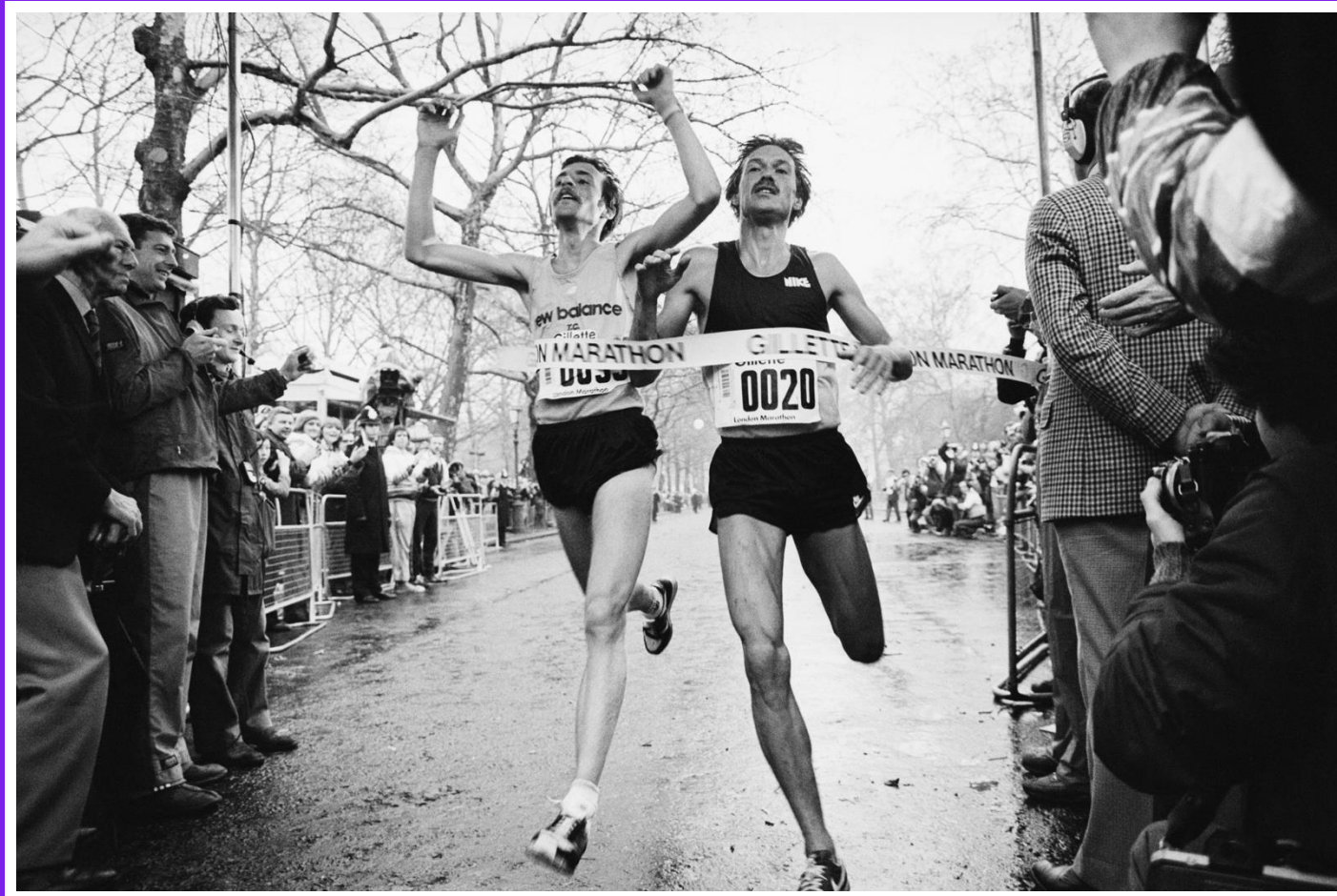
1 mile distance – 3 minutes 33 seconds (17 year old)

## GIRLS

2.6km distance – 8 minutes 23 seconds

1 mile distance – 3 minutes 54 seconds (17 year old)

# THE BIRTH OF THE LONDON



# TCS LONDON MARATHON



# WE ARE TAKING PART IN THE TCS LONDON MARATHON – FROM THE PLAYGROUND

We will have our own 2 mile event during the school day.

Over 600,000 pupils take part every year!

**WEEKLY TRAINING PLAN**  
SEN SCHOOL IDEAS TO GET ACTIVE

<b>10 March</b> Let's start by strengthening those legs. How many skips can you do with each leg? You have <b>one minute</b> on each leg.	<b>17 March</b> How does a bunny rabbit move? How many hops/bunny hops can you do in <b>one minute</b> ?	<b>24 March</b> Earth Hour (was on 22 March) Weekend Challenge The sun rises, light in the sky and with every evening, can you make yourself as big as the sun, and then do a small dance when?
<b>31 March</b> Ballerinas train for years to walk on their tip-toes How many steps can you make on your tip-toes?	<b>7 April</b> The Big Climb Can you lift <b>one knee</b> at a time above your hips? Try doing this for <b>one minute</b> .	<b>14 April</b> Remember when you hopped like a bunny rabbit? Let's see if you can do even more hops this time. You have <b>one minute</b> . Now you should be ready for the TCS Mini London Marathon!

**tcs MINI LONDON MARATHON 25 IN SCHOOLS**

Cut out and wear with pride wherever you are taking part!

**2025**

**new balance**

**tcs TRIAL CONSULTANCY SERVICES**

**tcs MINI LONDON MARATHON 25 IN SCHOOLS**

**CONGRATULATIONS!**

YOU COMPLETED THE  
**TCS MINI LONDON MARATHON IN SCHOOLS 2025**

**#WeRunTogether**

**LONDON MARATHON EVENTS**



# WWF-UK Daily Dose

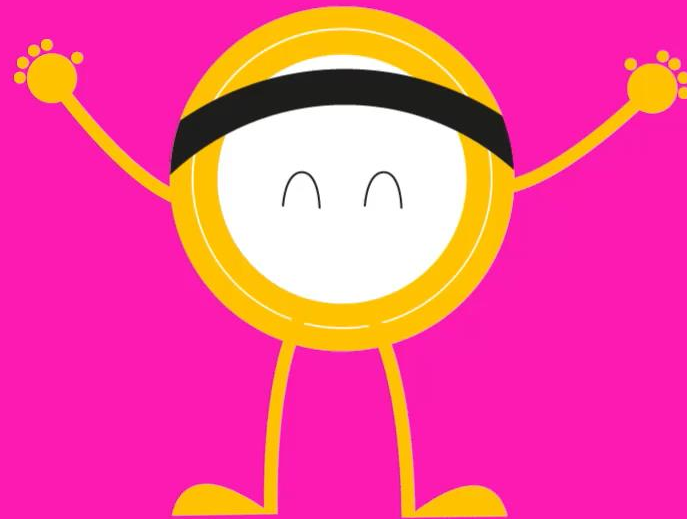
## Why being in nature is important

- Nature connections are great for our well-being
- Nature connections help boost our mood
- Nature connections help us focus

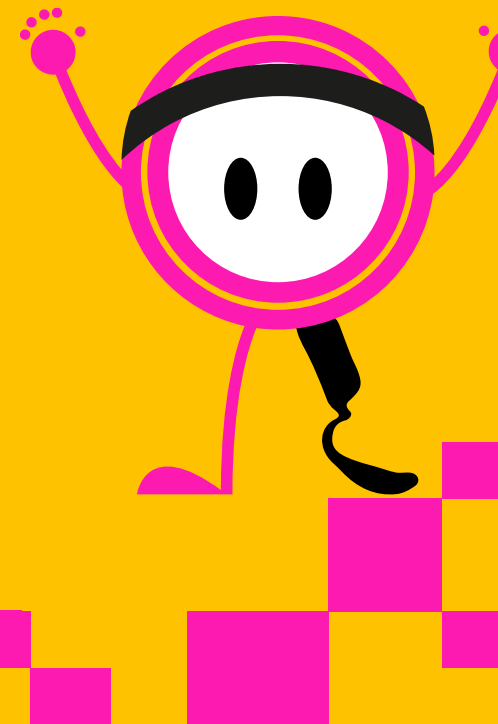
## How can we get a daily dose of nature?

- Use your senses to come up with five things in nature you can see, four things you can hear, three things you can touch, two things you can smell
- Collect one thing in nature that shouldn't be there and recycle it or put it in the correct bin
- Have a wildlife scan and see what you can find. Wildlife is all around us.





# OVER TO YOU



## PRESENTATION SCRIPT

1. In today's assembly we are here to talk about the TCS Mini London Marathon in schools. Before I talk about that, hands up who knows what a marathon is?
2. Play video
3. Although never part of the original Olympic Games, the marathon did start in ancient Greece. Greek historian Herodotus told us that, back in 490BC, people in the capital Athens learned that the Persians (their enemies) had landed at a place called Marathon on the way to attack their city – so they sent a messenger named Pheidippides to run to neighbouring Sparta to ask for help. Do you know how far he ran? A marathon distance!
4. So, what is a marathon? A marathon is a long-distance event adults complete by running, walking or wheeling, as a part of a big challenge, because they love to be active, and to raise money for charity. You might have heard of the elite races at a marathon event – this is where professional athletes compete to finish in the fastest time. The total distance of a marathon is 26.2 miles or 42.195km or over 57,000 steps! When you leave here count how many steps there are to your classroom and how many more you would need to take to get to 57,000!
5. How many steps do you take every day? 6 to 11-year-olds usually take between 10,000 and 16,000 steps per day. 11 to 18 year-olds usually take between 8,000 and 9,000 steps per day. So, to get to the full marathon distance of 57,000 steps if you are aged between 6 and 11 it would take you 4 or 5 days. If you are aged 11 to 18 years it would take you 6 or 7 days! The average finish time for someone to complete a marathon is 4 hours. That would mean you running non-stop from the start of your first lesson through to the end of lunch!
6. What do you think the fastest times for completing a marathon are? Read slide
7. Read slide



8. Olympic steeplechase medallists Chris Brasher and John Disley decided to run the 1979 New York Marathon and loved it so much they began a quest to bring a marathon to London. The two men worked tirelessly to convince London authorities that a marathon would be a great addition and their hard work paid off. The first London Marathon took place on 29 March 1981 when 6,255 finishers were the first to complete the iconic route. The first wheelchair race was held in 1983 and was won by British athletes Gordon Perry and Denise Smith.

9. Since the first event in 1981, the London Marathon has continued to grow each year. More than one million people have now completed the whole marathon. It is now the largest annual one-day fundraising event in the world, with the total raised for charities topping £1 billion! Elite athletes have broken seven world records within the TCS London Marathon, including Paula Radcliffe's historic time of 2:15:25 in 2003.

10. We are taking part in the TCS London Marathon - from the playground! The TCS Mini London Marathon in schools is part of the TCS London Marathon and we have been invited to take part! As a school we will be running our own 2.6 miles during the school day, any day between 15 April and 10 May. Every year more than 600,000 pupils take part! That's [insert amount] x the amount of pupils in our school! Our school will receive its own trophy and you will get your very own certificate to take home.

11. Did you know that being in nature for as little as 20 minutes a day can do wonders for your wellbeing. The Mini London Marathon has teamed up with WWF-UK as this year's charity partner. Read slide

12. Play video

13. So, who is up for the challenge?????

