Dear students

Congratulations on completing your first full half term of home education. Please remember that it is a marathon and not a sprint, and the difference in this case is we don’t know where the finish line is. Times like this require a huge amount of mental endurance. To be able to motivate yourself every day and settle into your own routine is something that is in itself a huge step forward towards being an adult. This at a time when some of you are fasting adds to the achievement of being able to be self-disciplined. Last year we witnessed a piece of endurance history when Eliud Kipchoge broke 2 hours for the marathon, something we thought we would never see in our lifetimes. Eliud, born in Kenya, had a humble beginning to life compared to champions in other sports. He never knew his father and he would run 2 miles to school and back every day. He became 5000m world champion in 2003 at the age of 18 and would later win Olympic gold at the marathon. He is considered the greatest marathon runner of all time. To run under 2 hours requires incredible endurance. A 1:59:59 marathon is the equivalent of running 100m sprints in just over 17 seconds – 422 times in a row. Why not as part of your daily exercise see how fast you can run 100m! You might need to use a phone app to measure the distance. When I completed a marathon I remember that the running was the easy bit, it was the mental toughness to train every day that was most demanding. My coach used to tell me the hardest part of running was tying your shoelaces.

Home education might feel like a marathon at times, but you are winning the race. We never thought we would see a sub 2 hour but Kipchoge proved it can be done. We would never have predicted that students could succeed without being in school for so long. You are proving it can be done which makes you a champion like Eliud.

Mr Parapia and Mr Brown

Bingley Grammar School
WEEKLY YEAR 10 BULLETIN
We are known for our persistence and positivity

May 18th 2020

How to improve mental endurance

1. Think Positively
2. Use visualization
3. Plan for Setback
4. Manage Stress
5. Take planned breaks
6. Exercise and set goals
7. Each healthily
8. Get fresh air

Running trivia

Can you name these world record holders and the times for both men and women?

100m
200m
5000m
10000m
Marathon

Access work through
EMAIL
CLASSCHARTS
GOOGLE CLASSROOM