

Marathon

Think, wonder, consider
decide, plan, internalize.

Prepare, diet, strengthen
set the goal, see the vision

Hit the track, measure the strides
lengthen the time, run harder

Sprint further, endure soreness
time the miles, increase the endurance

Start the race, maintain the pace
concentrate on mission, ignore competition

Check on plan, look forward
know the hill, go up...up...up

Look to finish, gauge remaining
run, race, sprint

Muscles burn, exhaust lungs
hurt, bend, catch breath

Realize goal, finish in glory, slap backs
hug, walk it off, cool, rejoice