

My Dream by AB

My dream is to one day run the London Marathon. I can just imagine the achievement I will feel when I accomplish my dream and finish the marathon. I can imagine starting the long run and being really energized and confident with the buzz of thousands of other runners all starting the run together, all excited for the day ahead of them filled with challenges and hardships, support and excitement, confidence and achievement.

I can imagine running over the London Bridge, through Piccadilly Circus, across Greenwich Park and when I'm absolutely exhausted at the end, seeing the breath taking Big Ben towering over me as I finish one of the most challenging days of my life.

I can imagine the thousands of other people finishing the run and all feeling the same accomplishment and achievement of conquering one of the most famous runs in the world, all feeling the same exhaustion after one of the biggest days of our lives.

To help me to achieve this dream, I am going to have to start off my journey to running the marathon by starting off doing some smaller and shorter runs and then gradually building up to the full 26.21 miles so I'm used to running that far by the time I actually run the London Marathon. The training will probably start 4-6 months before the run. I will also have to eat healthy in advance so I am not unhealthy when I run because if I just eat chocolate and ice cream before the big run then I'm going to really struggle. I also will feel better if I eat really healthy and really prepared.

The charity I would like to run for is the National Autistic Society because I am diagnosed with Autism and it is personal to me and I would love to raise money for other people with Autism. Their ethos for the charity is "The National Autistic Society is the leading UK charity for autistic people (including those with Asperger syndrome) and their families. We provide information, support and pioneering services, and campaign for a world that works for autistic people." A quote I really like from this description of the charity is "campaign for a world that works for autistic people." I like this because it shows they are trying to raise awareness for people with Autism and create an understanding of what Autism is for everyone. I hope to raise between £2,500 and £3,000 for the National Autistic Society.

The day has finally arrived, I'm running the London Marathon! After months of preparation and training, I'm doing it and it's just as I imagined it would be – incredible! I am buzzing and really energized and excited for the day ahead of me. My family are here supporting and cheering me on. I can hear the buzz of the other runners as we all head towards the start line. I am so excited but I'm also really nervous. What if I can't finish the run, what if I hurt myself, what if I can't find my family? I give my family a hug and head off towards the start. I am really scared for the day ahead because I have no idea what challenges I will face and how I will overcome them. The sun is beating down on me, but I think at least it isn't raining and I am really grateful for that.

I'm about to start the run. I'm feeling well rested and energized for the day ahead of me. I can feel the buzz of the other runners and it gives me an adrenaline rush and I am amazed as I look around me and see all the other runners.

I'm running at long last, this is the moment I've been waiting for. I am so excited for today and the challenges ahead of me. I am feeling so positive and excited for today. I am ten minutes into the run and I can feel the music powering me on and running to the rhythm of the music.

I am absolutely exhausted! I have been running for 2 hours straight now and am really tired. My calves are burning and my head is pounding, but I'm keeping positive and telling myself that I can do

this and reminding myself how hard I've worked for this and how much I wanted this. I can feel the sun beating down on me and I'm instantly grateful I wore a t-shirt and shorts. I am having so much fun running.

I'm done! I am absolutely exhausted and aching all over. I am worried about when I'll recover and actually stop aching from the most exhausting days of my entire life! I just want to go home and sleep now. I am grateful for the months of training and diet changes and also for how hard I worked for this day because I couldn't have done it if I didn't train. I am so grateful for my family and the fact they came with me to support me and cheer me on and keep me going on one of the hardest days of my life.

I am determined to one day accomplish my long life dream of running the London Marathon and feel that effort and triumph and knowing I've achieved my long life dream at last.