ATENA
LEARNING MADE RELEVANT

EXPLORERS SERIES

A Sub-Two-Hour Marathon! (April 28, 2026)

TEACHING GUIDE

ℹ️ **What?** A historic achievement: for the first time, a runner has completed an official marathon (42.195 km) in under two hours, a barrier once thought impossible to break.

👤 **Who?** Sabastian Sawe, a 31-year-old Kenyan, who ran the marathon in 1 hour, 59 minutes, and 30 seconds and was welcomed home as a hero.

🌍 **Where?** In the streets of London, England, where nearly 800,000 people lined up to cheer on the runners at the London Marathon.

🕰️ **When?** On Sunday, April 26, 2026, during the 46th edition of the marathon.

❓ **Why is it important?** Because the two-hour barrier was considered a mythical obstacle in sports, proving that humans can still push their limits.

🎯 **For this activity, your goal will be to learn more about Sabastian Sawe and the marathon.**

OBJECTIVES

- Discover the historical origins of the marathon and the legend of Pheidippides
- Understand what the distance of a marathon (42.195 km) represents
- Learn about Sabastian Sawe's achievement and his journey
- Calculate average speed from a given distance and time
- Compare quantities and solve problems involving rounding

COMPETENCIES

- Research and interpret information (video, text, image)
- Identify factual information in an article and an encyclopedia entry
- Make connections between ancient history and current sports events
- Perform calculations with large numbers and rounding
- Estimate an order of magnitude from real data
- Produce short and precise answers

SUBJECTS

- **Social Studies / History**
  - Ancient Greece and the Battle of Marathon
  - Sport as a global cultural phenomenon
- **Mathematics**
  - Measurements of length (m, km) and conversions
  - Calculating average speed (distance ÷ time)
  - Subtraction, multiplication, and estimation using rounding
- **English**
  - Reading and understanding a newspaper article
  - Reading an encyclopedia entry (Wikipedia)
  - Short and precise answers

DURATION

- Approximately 60 minutes

GETTING STARTED

- Ask the students if they are familiar with marathons and if they have ever run a long distance.
- Ask them how long they think a marathon takes.
- Discuss what it means to "run fast and for a long time."
- Show a short video or image of a marathon race.
- Ask the question: Why do you think this race is called a "marathon"?

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QUESTIONS AND ANSWERS

STEP 1 — The Origins of a Legendary Race! Discovery of the origins of the marathon with the help of a video. Answers to five comprehension questions.

Q1 — Near Athens.
Q2 — In 490 BC.
Q3 — "We have won!"
Q4 — 26 miles 385 yards (42 kilometers and 195 meters).
Q5 — Spiridon Louis.

STEP 3 — 42 Kilometers is a Long Way! Solving of five math problems to measure Sabastian Sawe's achievement.

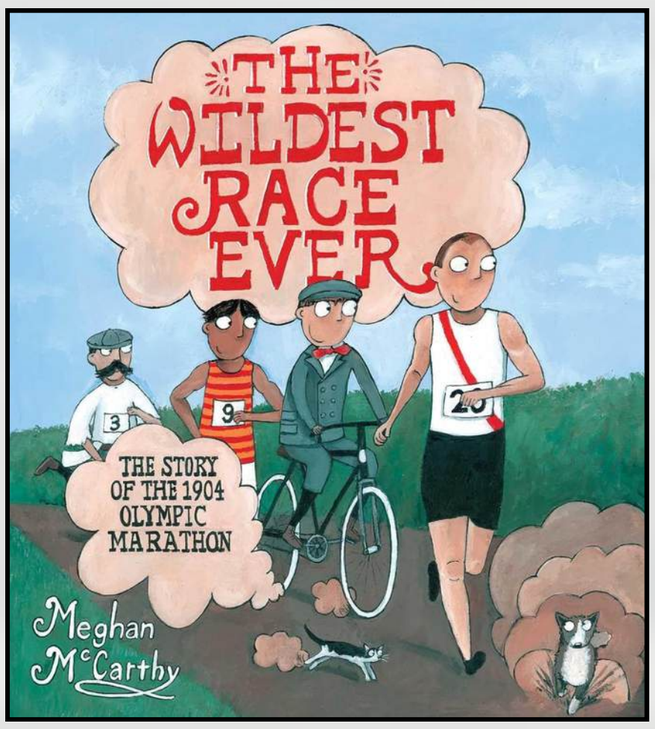
Q6 — Nearly 402 fields.
Q7 — 42 km ÷ 2 h = 21 km/h
Q8 — Almost 6 marathons.
Q9 — 204 kilometers.
Q10 — 246 km ÷ 20 h = 12.3 km/h

STEP 2 — An Exceptional Runner. Reading of an Euronews article about Sabastian Sawe's achievement and his Wikipedia entry. Filling of his profile.

SABASTIAN SAWE — PROFILE	
	Information
Full name at birth	Sabastian Kimaru Sawe
Date of birth	March 16, 1995
Age	31 years old
City and country of birth	Barsombe, Kenya
His London Marathon record	1 hour 59 minutes 30 seconds.

WRAPPING UP

- Conduct a group discussion to reflect on what the students have learned.
- Discuss what surprised them most (the Greek legend, the speed, the distance).
- Ask: What is most impressive about Sabastian Sawe's achievement?
- Connect this to other sporting achievements they know.
- Discuss the concept of "mythical barriers" and the human capacity to overcome them.



FURTHER EXPLORATION

📖 Meghan McCarthy, *The Wildest Race Ever: The Story of the 1904 Olympic Marathon*. Paula Wiseman Book/Beach Lane Books

🥇 A cheetah (110 km/h) → 42 ÷ 110 ≈ 0.38 h ≈ 23 minutes
🥈 A galloping horse (60 km/h) → 42 ÷ 60 = 0.7 h = 42 minutes
🥉 Sabastian Sawe (21 km/h) → 42 ÷ 21 = 2 hours
4th — A turtle (0.3 km/h) → 42 ÷ 0.3 = 140 hours ≈ 5 days and 20 hours non-stop
5th — A snail (0.05 km/h) → 42 ÷ 0.05 = 840 hours = 35 days non-stop

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LEARNING MADE RELEVANT

EXPLORERS SERIES

EXPLORERS PLUS

A Sub-Two-Hour Marathon! (April 28, 2026)

How many times is my neighborhood a marathon?

Do you want to start training to run long distances?

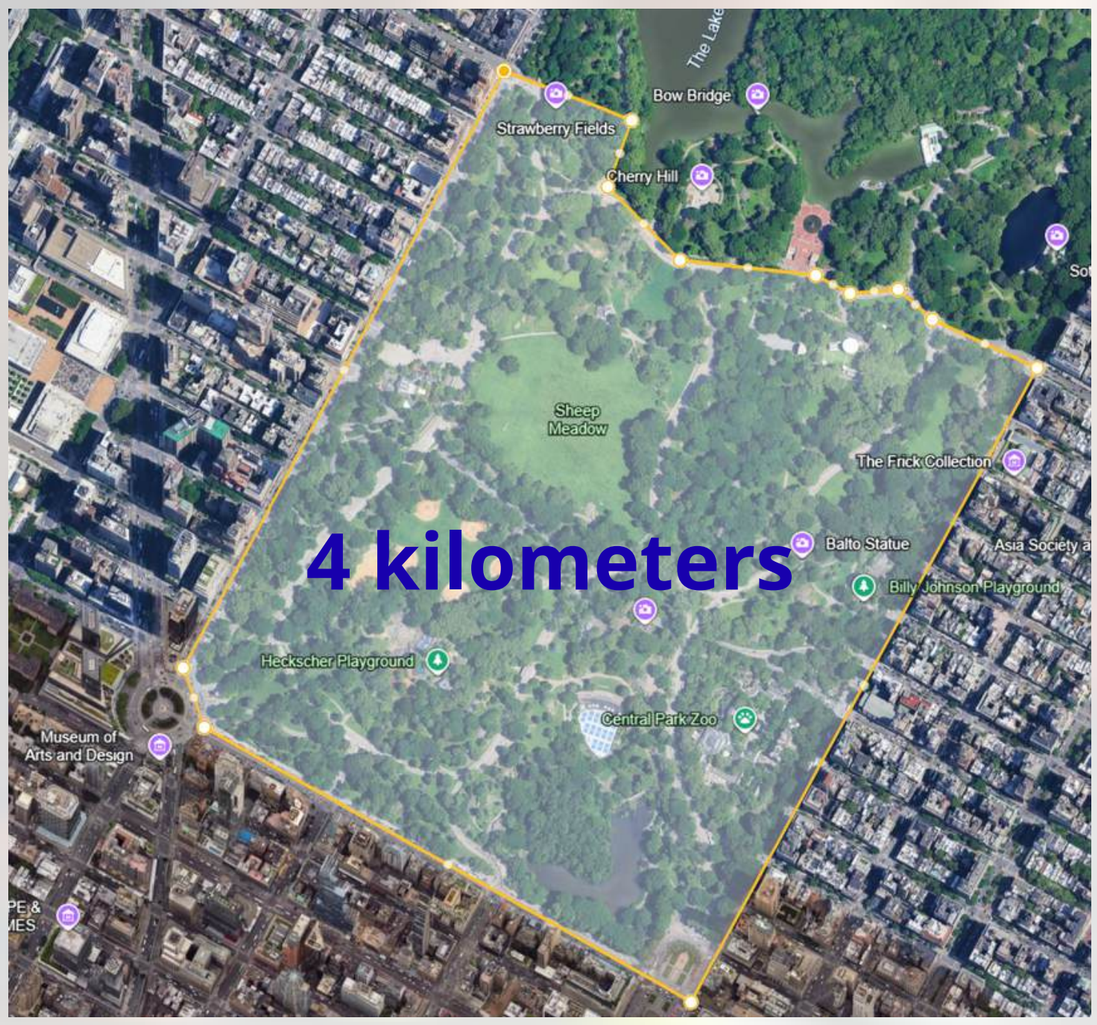
Before you start, take a look at this example.

Here's a 4-kilometer route within Central Park in New York!

If you wanted to run a marathon, you would have to complete this route a little over 10 times!

[42,195 m ÷ 4,000 m = 10.5]

Now it's your turn! Identify a route you'd like to run to train near your home, and measure it using the Ruler tool in Google Earth.



In a rush or not?

If you assume that all the animals shown can maintain a constant speed, how long would it take them to complete a marathon?

Sabastian Sawe

21 km/h

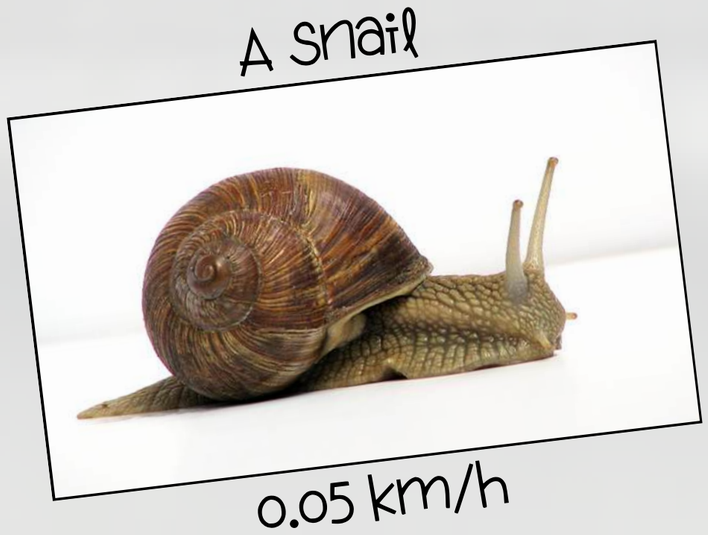
Take Sabastian Sawe as an example! He covered the 42 kilometers of the London Marathon at an average speed of 21 km/h:

42 km ÷ 21 km/h = 2 hours

A cheetah

110 km/h

A snail

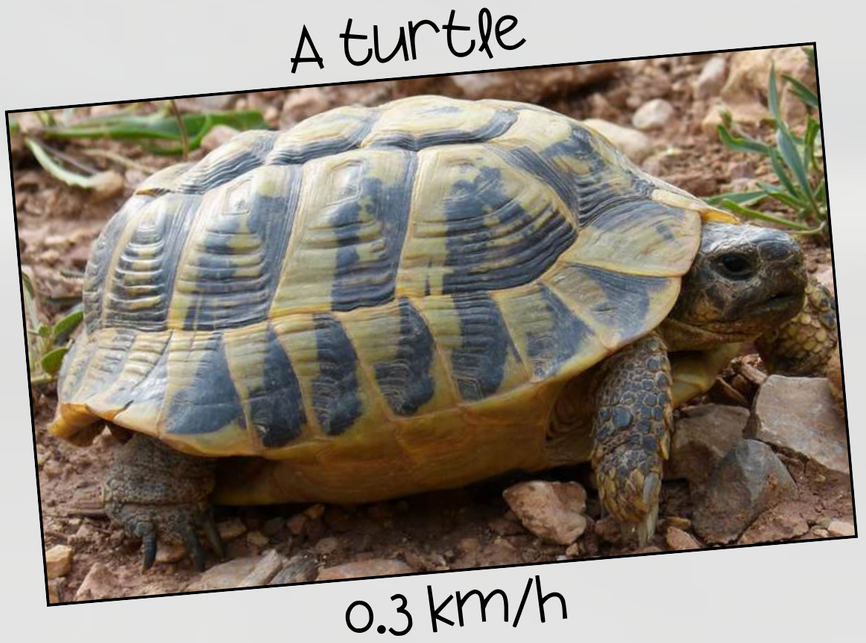


0.05 km/h

A horse at a gallop

60 km/h

A turtle



0.3 km/h