

Dear [Friend's Name],

I just wanted to take a moment to tell you how incredibly proud I am of you for training for the marathon. Your dedication and commitment to your goals are truly inspiring!

Remember, every mile you run brings you closer to the finish line, not just in the race, but in everything you set your mind to. There will be tough days, but keep pushing through. You have the strength within you to overcome any challenge!

Keep your head up and maintain that positive spirit. I believe in you and can't wait to cheer you on when race day comes!

Wishing you all the best in your training.

With all my support,

[Your Name]