

# 2019 DISTRICT 108 MARATHON TRAINING LOG



Use this log sheet to record your mileage for each week. You can count any mileage that you run during recess or P.E. class at school along with what is run outside of the school day. Work toward accumulating 25.2 miles before Saturday, June 1<sup>st</sup> and finish the last mile of the marathon at the Dragon Dash in the Pekin Park at the 4-H Shelter.

(This training log does not need to be returned to school. This is for your records!)

		Goal for each week
Week 1	Total Number of Miles _____	2
Week 2	Total Number of Miles _____	4
Week 3	Total Number of Miles _____	6
Week 4	Total Number of Miles _____	8
Week 5	Total Number of Miles _____	10
Week 6	Total Number of Miles _____	13
Week 7	Total Number of Miles _____	16
Week 8	Total Number of Miles _____	19
Week 9	Total Number of Miles _____	22
Week 10	Total Number of Miles _____	25.2

The numbers on the right are just a guide so you have an idea how many miles you will need to accumulate through the weeks. The training is totally up to each individual. As you can see, all it takes is a of couple miles per week to achieve this awesome goal!