

2017 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. at school along with what you run outside of the school day. Work toward accumulating 25.2 miles before Saturday, May 27th and finish the last mile of the marathon at the Dragon Dash in the Pekin Park at the 4-H Shelter.

		Total Miles Ran	Goal total
Week 1	Ran _____ Miles	_____	2
Week 2	Ran _____ Miles	_____	4
Week 3	Ran _____ Miles	_____	6
Week 4	Ran _____ Miles	_____	8
Week 5	Ran _____ Miles	_____	10
Week 6	Ran _____ Miles	_____	13
Week 7	Ran _____ Miles	_____	16
Week 8	Ran _____ Miles	_____	19
Week 9	Ran _____ Miles	_____	22
Week 10	Ran _____ 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!