

# MARATHON TRAINING LOG

**Athlete:** \_\_\_\_\_

**Teacher:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Directions:** Color a shoe each time you run or walk a 1/2 mile. Ask your parent to sign after you have finished each 5-mile section. Our school track is 8 laps to make a mile, so 4 times around equals a 1/2 mile. Students will have their hand marked with a dot each time they complete a lap during morning runs. Then can then log the distance they ran/walked when they get home.

**Start Date: October 8<sup>th</sup>**  
**Morning Runs: Tuesday 3-5 grade students & Thursday K-2 grade students**  
**8:40-9:05am (Weather Permitting)**

10 shoe icons, each labeled "1/2 Mile".

**5**  
MILES

Parent Initials

10 shoe icons, each labeled "1/2 Mile".

**10**  
MILES

Parent Initials

10 shoe icons, each labeled "1/2 Mile".

**15**  
MILES

Parent Initials

10 shoe icons, each labeled "1/2 Mile".

**20**  
MILES

Parent Initials

10 shoe icons, each labeled "1/2 Mile".

**25**  
MILES

Parent Initials

 **Only 1.2 miles left!**