



MARATHON MILEAGE LOG

Miles	Date	Miles	Date
0.5		13.5	
1		14	
1.5		14.5	
2		15	
2.5		15.5	
3		16	
3.5		16.5	
4		17	
4.5		17.5	
5		18	
5.5		18.5	
6		19	
6.5		19.5	
7		20	
7.5		20.5	
8		21	
8.5		21.5	
9		22	
9.5		22.5	
10		23	
10.5		23.5	
11		24	
11.5		24.5	
12		25	
12.5		25.2	
13		Final mile can be run together on October 4th	
13.1	Mini-Marathon Good job! Keep moving.	26.2	FULL MARATHON You did it!

Name: _____

Grade: _____

School: _____

This is a fun, completely voluntary and extra way to “track” your progress. You can start before the season, or just keep track of how many miles that you run during the season. Setting goals, being consistent, and developing healthy habits is a fun challenge.

We will give any NATC runner completing the full 26.2 miles Marathon distance by the end of the season special recognition and a prize.

Instructions: Put the date of each run or color in boxes each time you run. If you run a full mile each time then fill in the two boxes. The last 1-mile segment to complete the 26.2-mile distance can be run in any race up to the final race.

Don’t forget to turn in your completed sheets before the start of the Championship Race.

I did it! I completed 25.2 miles and am running the last mile on _____.

Signature of Runner