

# Marathon Club Chart

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

|                                      |            |            |            |            |
|--------------------------------------|------------|------------|------------|------------|
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 1 mile     |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 2 miles    |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 3 miles    |
| 0.25 Miles (5K)                      | 0.25 Miles | 0.25 Miles | 0.25 Miles | 4 miles    |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 5 miles    |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 6 miles    |
| 0.25 Miles (10K)                     | 0.25 Miles | 0.25 Miles | 0.25 Miles | 7 miles    |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 8 miles    |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 9 miles    |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 10 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 11 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 12 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 13 miles   |
| 0.25 Miles<br><b>(Half Marathon)</b> | 0.25 Miles | 0.25 Miles | 0.25 Miles | 14 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 15 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 16 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 17 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 18 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 19 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 20 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 21 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 22 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 23 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 24 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 25 miles   |
| 0.25 Miles                           | 0.25 Miles | 0.25 Miles | 0.25 Miles | 26 miles   |
| 0.20 Miles<br><b>(Full Marathon)</b> |            |            |            | 26.2 miles |

Parent Signature: \_\_\_\_\_

Completion Date: \_\_\_\_\_

Please email finished sheet to [kendrab@wilderptsanet](mailto:kendrab@wilderptsanet)