MARATHON KIDS +Weekly Challenges





WEEK I

SET A MILEAGE GOAL FOR THE SUMMER? HOW MANY MILES DO YOU

THINK YOU CAN RUN IN 8 WEEKS?

GOAL: ____

WEEK 3

HOW FAR CAN YOU RUN?

HOW MANY MINUTES/MILES CAN YOU RUN WITHOUT STOPPING?

DISTANCE: _____

WEEK 4

WEEK 2

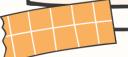
GO FOR A RUN IN A NEW

PLACE!

WHERE DID YOU RUN:

ASK A FRIEND TO RUN WITH YOU!

WHO DID YOU RUN WITH:



WEEK 5

DO SOMETHING REALLY HARD!

FIND SOMETHING HARD TO DO. AND DO IT ANYWAY!

WHAT WAS IT? _____

WEEK 6

PACE YOURSELF!

TIME YOURSELF RUNNING A MILE, THEN BEAT YOUR TIME!

IST TIMED MILE: ____ 2ND TIMED MILE:



WEEK 7

GO SCREEN FREE

MAKE A GOAL TO LIMIT YOUR SCREEN TIME, AND ACCOMPLISH YOUR GOAL! DID YOU DO IT?



HOW MANY MILES DID YOU RUN THIS SUMMER?

DID YOU ACCOMPLISH THE GOAL YOU SET IN WEEK #1? TOTAL MILES:



