

MARATHON KIDS

Weekly Challenges



WEEK 1

SET A MILEAGE GOAL FOR THE SUMMER?

HOW MANY MILES DO YOU THINK YOU CAN RUN IN 8 WEEKS?

GOAL: _____

WEEK 2

GO FOR A RUN IN A NEW PLACE!

WHERE DID YOU RUN:

WEEK 3

HOW FAR CAN YOU RUN?

HOW MANY MINUTES/MILES CAN YOU RUN WITHOUT STOPPING?

DISTANCE: _____

WEEK 4

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!

1ST 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? _____

WEEK 8

HOW MANY MILES DID YOU RUN THIS SUMMER?

DID YOU ACCOMPLISH THE GOAL YOU SET IN WEEK #1?

TOTAL MILES: _____