Bronze Medal Level:

Initiate the Tucson Marathon Challenge

The Tucson Marathon Challenge is to commit to completing a personal Tucson marathon at the Tucson Marathon Family Fitness Fest by:

1. Completing 25.2 miles at your own pace before the Tucson Marathon Family Fitness Fest

AND

2. Finishing your Tucson marathon with your family and friends at the Tucson Marathon Family Fitness Fest.

Encourage your students, colleagues, and family to take this challenge with you! This section includes resources you need to initiate this challenge:

• Tucson Marathon Challenge
  o Tucson Marathon Family Fitness Fest Teacher Toolkit Guide
  o Tucson Marathon Family Fitness Fest Event Info
  o Tucson Marathon Family Fitness Fest Registration Form
  o Tucson Marathon Challenge Tracking Cards
• Determine the Plan
  o The YMCA 5k Training Plan
  o The Couch-to-5k Running Plan (4 pages)
  o ING Run For Something Better 1-mile to 5k plans (4 pages)
  o Tucson Marathon Family Fitness Fest Blank Customizable Planner
Tucson Marathon Family Fitness Fest  
University of Arizona Mall, December 8, 2012  
Training Guide

1. **Start a team:**
   - Commit to participate in a 1 mile fun run or 5k walk/run on the University of Arizona mall by registering at [www.tucsonmarathon.com](http://www.tucsonmarathon.com)
   - Rally staff, students, families, and community members from your school to join in and register. Free mile and discounted 5k entries are available for participating schools.
   - A copy of the paper registration form is in the Teacher Toolkit for you to copy, distribute, and collect at your school. You can mail them in, or email Aimee Snyder at [healthytucson@gmail.com](mailto:healthytucson@gmail.com) for pick-up.

2. **Begin your training: Lead by example**
   - Determine your personal goals: Complete a 1 mile or 5k run/walk, Drink 8 cups of water a day, Sleep 8 hours a night, Eat vegetables with every meal.... It is up to you!
   - Make a plan: Set up specific days and times to exercise. Make it a habit.
   - Find training plans from the Tucson Marathon Family Fitness Fest Teacher Toolkit.

3. **Utilize the Buddy System**
   - Join forces with your team. Plan days to exercise together.
   - “LIKE” and share our Facebook page at: [http://www.facebook.com/#!/TucsonMarathonFitnessFest](http://www.facebook.com/#!/TucsonMarathonFitnessFest)
   - Share your successes and encourage healthy choices with others.

4. **Use the Teacher Toolkit to Help You Incorporate Physical Activity into School/Work**
   - Launch the Tucson Marathon Challenge at your school: Make a ¼ mile (400 meter) or ½ mile (800 meter) loop at your school. It can be in your gym, lunchroom, around a field, the parking lot, etc.
   - Challenge students, staff, and families to take a 15 minute activity break to walk or run the loop 3-5 days a week and track their mileage on the Tucson Marathon Challenge Tracking Card, found in the Teacher Toolkit.
   - Try out the stretching, strength training, energizers and running activities, games, and tips from the Teacher Toolkit.
   - Physical activity increases oxygen flow to the brain and improves focus and retention for classwork. Your colleagues will thank you.
   - Encourage all school and community members to participate in the University of Arizona and Tucson Marathon Family Fitness Fest on December 8.

5. **Empower Me 4 Life/Jump Start**
   - Implement one of the two health education curricula in the Teacher Toolkit to provide students with the tools for lifelong wellness.

6. **Show off your hard work!**
   - Identify your team with coordinating shirts at the Family Fitness Fest, December 8.
   - Be loud and proud while you participate in the 1 mile or 5k run/walk and other healthy activities.
2012 TUCSON MARATHON FAMILY FITNESS FEST

December 8, 2012
www.tucsonmarathon.com

Location: University of Arizona Mall, 1303 E. University Blvd. Tucson, AZ

8:00 am. Health & Wellness Expo and kids activities begin on the Mall
9:00 am. 1 Mile start First 500 are FREE!
9:45 am. 5K start Early registration = $25
10:30 am. Awards ceremony
12:00 pm. Expo closes

Go to www.tucsonmarathon.com to register. The first 500 participants for the 1 Mile are free! Use coupon code "OneMile" when registering (limited to 3 registrations per registration cart).

The Tucson Marathon Family Fitness Fest is designed to be fun for the whole family. The 5K course takes runners of all ages and abilities around the UA Mall. This is a very safe, flat and fast course, perfect for families and friends to run together. Walkers and wheelchairs are welcome. The 1 Mile Fun Run for kids is one lap on the Mall on the UA campus. Every kid will receive a finisher’s medal and shirt. Parents are welcome to run with their kids.

Sponsored by:
1 Mile FREE with coupon code “OneMile” at www.tucsonmarathon.com
5K $25

Entry fees are NOT refundable and NOT transferable. Please print, complete and mail this form with a check payable to: Tucson Marathon, PO Box 13292, Jackson, WY 83002 USA

First Name ___________________________ Last Name ___________________________
Mailing Address ____________________________________________________________
City ___________________________ State _____ Zip ______________
Telephone Number (_______) ___________________________ E-mail address __________________________________
School / organization name ________________________________________________
Date of birth ____/____/____ Age on December 8, 2012 ______ Sex: M / F
DAY MTH YR Grade _____
Emergency Contact Name ______________________________________________________
Emergency Contact Phone Number (_______) ________________________________

T-shirt size (please circle one): Youth S  Youth M  Adult:  S  M  L  XL  XXL

Did you hear about this event from one of our charity partners?
_____ Alliance For A Healthier Generation
_____ YMCA

Waiver:
In consideration of the acceptance of this entry, I hereby, for myself and my heirs, executors and administrators, waive any and all rights, claims and damages I may have against the sponsors, volunteers, medical staff, coordination groups, Tucson Marathon Events LLC, Pima County, Pinal County, The University of Arizona, the State of Arizona, Endorphin Racing, LLC and any all other entities, volunteers and/or individuals associated with said event. None of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I also give permission for the free use of my name and picture in any broadcast, telecast, or print media account of the event. I understand that all participants must obey the lawful order of a police officer, safety official and medical staff. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions and responsibilities. Entry fees are NOT transferable and NON refundable. Baby jogger and/or strollers ARE NOT allowed on the course. All participants MUST run inside of the safety cones marking the course or risk disqualification.

_____________________________ _______________________________
SIGNATURE PRINT NAME

_____________________________ _______________________________
PARENT / GUARDIAN (if runner is under 18) PRINT NAME

_____________________________
DATE

Sponsored by:

[Logo]
The University of Arizona
Canyon Ranch Center for Prevention and Health Promotion
Name of Athlete: __________________________

Complete 25.2 miles at your own pace by December 8, 2012. Complete the last mile of your Tucson marathon (26.2 miles) at the Tucson Marathon Family Fitness Fest! www.tucsonmarathon.com

Find a ¼ mile (.25 mile or 400 meters) loop at your school. Each triangle to the right represents a ¼ mile. Aim to complete two laps (.5 miles or ½ a box) every school day, or 2.5 miles a week.

Present this completed card at the Tucson Marathon Family Fitness Fest to earn your “Tucson Marathon” certificate.

=1/4 mile

=1 mile
<table>
<thead>
<tr>
<th>Weeks</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wed</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
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<td>Walk 3min- run 1 min 20 min</td>
<td>Cross Train 45 min</td>
<td>Walk 3min- run 1 min 20 min</td>
<td>Cross Train 45 min</td>
<td>Walk 3min- run 1 min 20 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
</tr>
<tr>
<td>2</td>
<td>Walk 3min- run 1 min 25 min</td>
<td>Cross Train 45 min</td>
<td>Walk 3min- run 1 min 25 min</td>
<td>Cross Train 45 min</td>
<td>Walk 3min- run 1 min 25 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
</tr>
<tr>
<td>3</td>
<td>Run 3min Walk1 min 25 min</td>
<td>Cross Train 45 min</td>
<td>Run 3min Walk1 min 25 min</td>
<td>Cross Train 45 min</td>
<td>Run 3min Walk1 min 25 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
</tr>
<tr>
<td>4</td>
<td>Jog/Run 20-25 min 45 min</td>
<td>Cross Train Jog/Run 20-25 min 45 min</td>
<td>Cross Train 45 min</td>
<td>Jog/Run 20-25 min 45 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Jog/Run 20-24 min 45 min</td>
<td>Cross Train Jog/Run 20-24 min 45 min</td>
<td>Cross Train 45 min</td>
<td>Jog/Run 20-24 min 45 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Jog/Run 1.5 miles 45 min</td>
<td>Cross Train Jog/Run 1.5 miles 45 min</td>
<td>Cross Train 45 min</td>
<td>Jog/Run 1.5 miles 45 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Jog/Run 1.5 miles 45 min</td>
<td>Cross Train Jog/Run 1.5 miles 45 min</td>
<td>Cross Train 45 min</td>
<td>Jog/Run 1.5 miles 45 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Jog/Run 2 miles 45 min</td>
<td>Cross Train Jog/Run 2 miles 45 min</td>
<td>Cross Train 45 min</td>
<td>Jog/Run 2 miles 45 min</td>
<td>Cross Train 45 min</td>
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<tr>
<td>9</td>
<td>RUN 2 miles 45 min</td>
<td>Cross Train RUN 2 miles 45 min</td>
<td>Cross Train 45 min</td>
<td>RUN 2 miles 45 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>RUN 2.5 miles 20 min</td>
<td>Cross Train RUN 2.5 miles 45 min</td>
<td>Cross Train 2.5 miles 45 min</td>
<td>RUN 2.5 miles 45 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>RUN 2.5 miles 2 miles</td>
<td>Cross Train RUN 2.5 miles 45 min</td>
<td>Cross Train 2.5 miles 45 min</td>
<td>RUN 2.5 miles 45 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>RUN 3 miles 45 min</td>
<td>Cross Train RUN 3 miles 45 min</td>
<td>Cross Train 3 miles 45 min</td>
<td>RUN 3 miles 45 min</td>
<td>Cross Train 45 min</td>
<td>Rest</td>
<td></td>
</tr>
</tbody>
</table>

Helpful Tips

Cross training: perform non-running activities such as, strength training, swimming or yoga.

Cross training increases fitness without putting stress on taxed muscles. Perform speed intervals: 1 minute easy pace, then 30 seconds moderate/fast pace, this will help with endurance, stamina and distance. Rest: this is your body's needed chance to recover.
The Couch-to-5K ® Running Plan  Our beginner's running schedule has helped thousands of new runners get off the couch and onto the roads, running 3 miles in just two months.

By Josh Clark

Too many people have been turned off of running simply by trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to do this to themselves.

You should ease into your running program gradually. In fact, the beginners' program we outline here is less of a running regimen than a walking and jogging program. The idea is to transform you from couch potato to runner, getting you running three miles (or 5K) on a regular basis in just two months.

It's easy to get impatient, and you may feel tempted to skip ahead in the program, but hold yourself back. Don't try to do more, even if you feel you can. If, on the other hand, you find the program too strenuous, just stretch it out. Don't feel pressured to continue faster than you're able. Repeat weeks if needed and move ahead only when you feel you're ready.

A few minutes each week

Each session should take about 20 or 30 minutes, three times a week. That just happens to be the same amount of moderate exercise recommended by numerous studies for optimum fitness. This program will get you fit. (Runners who do more than this amount are doing it for more than fitness, and before long you might find yourself doing the same as well).

Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the time or distance you run.

Run for time, or run for distance

There are two ways to follow this program, to measure your runs by time or by distance. Either one works just as well, choose the option that seems easiest for you to keep track of. If you go with the distance option, and you are not using a track to measure the distances, just estimate. It's not important to have the distances absolutely exact.

Before setting out, make sure to precede each session with a five-minute warmup walk or jog. Be sure to stretch both before and after.
# The Couch-to-5K ® Running Plan


<table>
<thead>
<tr>
<th>Week</th>
<th>Workout 1</th>
<th>Workout 2</th>
<th>Workout 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.</td>
<td>Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.</td>
<td>Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.</td>
</tr>
<tr>
<td>2</td>
<td>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</td>
<td>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</td>
<td>Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.</td>
</tr>
<tr>
<td>3</td>
<td>Brisk five-minute warmup walk, then do two repetitions of the following: • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes)</td>
<td>Brisk five-minute warmup walk, then do two repetitions of the following: • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes)</td>
<td>Brisk five-minute warmup walk, then do two repetitions of the following: • Jog 200 yards (or 90 seconds) • Walk 200 yards (or 90 seconds) • Jog 400 yards (or 3 minutes) • Walk 400 yards (or three minutes)</td>
</tr>
</tbody>
</table>
| 4 | Brisk five-minute warmup walk, then:  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 2-1/2 minutes)  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 2-1/2 minutes)  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 2-1/2 minutes)  
• Jog 1/4 mile (or 3 minutes)  
• Walk 1/8 mile (or 90 seconds)  
• Jog 1/2 mile (or 5 minutes) |
|---|---|---|
| 5 | Brisk five-minute warmup walk, then:  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 3 minutes)  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 3 minutes)  
• Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
• Jog 3/4 mile (or 8 minutes)  
• Walk 1/2 mile (or 5 minutes)  
• Jog 3/4 mile (or 8 minutes) | Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking. |
| 6 | Brisk five-minute warmup walk, then:  
• Jog 1/2 mile (or 5 minutes)  
• Walk 1/4 mile (or 3 minutes)  
• Jog 3/4 mile (or 8 minutes)  
• Walk 1/4 mile (or 3 minutes)  
• Jog 1/2 mile (or 5 minutes) | Brisk five-minute warmup walk, then:  
• Jog 1 mile (or 10 minutes)  
• Walk 1/4 mile (or 3 minutes)  
• Jog 1 mile (or 10 minutes) | Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking. |
| 7 | Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). |
| 8 | Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes). |
| 9 | Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes). |

Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).

Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).

Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).

The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).
Distance Logs

- Use a distance log template, or create your own, based on the number of days per week you plan to hold your program, the number of weeks you plan to implement your program and the final distance or type of culminating event you are planning.
- Examples are based on eight (8) week programs; however, you are encouraged to distribute the distances throughout a program of ten (10) or more weeks if conditions allow.
- For each day you hold your running program select an activity from the sample plans provided or use your own ideas to incorporate fun, new concepts, themes and skills into the daily run.
- Record distances each day you meet to keep track of each student's weekly mileage and overall mileage throughout the extent of the program.
- Be creative!

Some Other Tips and Guidance for Adding Variety to Your Program (taken from www.Justrun.org)

If your program is ONE day a week:
1/2 the time should be drills/relays/races
1/2 the time should be endurance based - running longer each week.

If your program is TWO days per week:
1 day should be drills/relays/races
1 day should be endurance based - running longer each week.

If your program is THREE days per week:
2 days should be drills/relays/races
1 day should be endurance based - running longer each week.

If your program is FOUR days per week:
2 days should be drills/relays/races
2 days should be endurance based - running longer each week.

If your program is FIVE days per week:
3 days should be drills/relays/races
2 days should be endurance based - running longer each week.
## STUDENT DISTANCE LOG TEMPLATE 1: Culminating Event - 1 Mile Run (beginner example)

**Student Name:**

**Start Date:**

**Final Event:**

**Final Event Date:**

**My personal running goal is:**

**I am committed to running because:**

**Student Signature______________________________**

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Week Total</th>
<th>Overall Total</th>
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<tbody>
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<td>0.5 miles</td>
<td>0.5 miles</td>
<td></td>
<td></td>
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<tr>
<td>3</td>
<td>.75 miles</td>
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<tr>
<td>8</td>
<td>1 mile</td>
<td>1 mile</td>
<td>1 mile</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 mile race (including 0.5 mile warm up and cool down with group)</td>
<td>3.5 miles</td>
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</tbody>
</table>

*Teacher(s) overseeing the running program is responsible for helping students maintain a distance log. Distance logs should remain at the school with the overseeing teacher(s) in order to properly track progress.
**STUDENT DISTANCE LOG TEMPLATE 2: Culminating Event - Participating in the Last 1.2 Miles of a Local Marathon**

Student Name:

Start Date:

Final Event:

Final Event Date:

My personal running goal is:

I am committed to running because:

Student Signature ____________________________

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<td>2.5</td>
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<tr>
<td>3</td>
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<td>1 mile</td>
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<td></td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>4</td>
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<td>1 mile</td>
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<td>3</td>
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<td>1.5 miles</td>
<td></td>
<td></td>
<td></td>
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<td>4</td>
<td>22</td>
</tr>
<tr>
<td>8</td>
<td>1.5</td>
<td></td>
<td>1.5</td>
<td>Last 1.2 miles of marathon as culminating event</td>
<td></td>
<td></td>
<td></td>
<td>4.2</td>
<td>26.2</td>
</tr>
</tbody>
</table>

*Teacher(s) overseeing the running program is responsible for helping students maintain a distance log. Distance logs should remain at the school with the overseeing teacher(s) in order to properly track progress.*
STUDENT DISTANCE LOG TEMPLATE 3: Culminating Event- 5K Run (example for more advanced students)

Student Name: 
Start Date: 
Final Event: 
Final Event Date: 
My personal running goal is: 

I am committed to running because: 

Student Signature ________________________________

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Week Total</th>
<th>Overall Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 mile</td>
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*Teacher(s) overseeing the running program is responsible for helping students maintain a distance log. Distance logs should remain at the school with the overseeing teacher(s) in order to properly track progress.
Tucson Marathon Family Fitness Fest Training Planner

My goals for training for the Tucson Marathon Family Fitness Fest are:

The buddy that is going to help me accomplish this is:

I’m going to accomplish these goals by:

Plan and track your progress:

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