



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 _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Overall Total
1	0.5 miles		0.5 miles		0.5 miles			1.5 miles	
2	0.5 miles		.75 miles		.75 miles			2 miles	3.5 miles
3	.75 miles		.75 miles		1 mile			2.5 miles	6 miles
4	1 mile		1 mile		1 mile			3 miles	9 miles
5	1 mile		1 mile		1.5 mile			3.5 miles	12.5 miles
6	1.5 miles		1 mile		1.5 miles			4 miles	16.5 miles
7	1.5 miles		1 mile		1.5 miles			4 miles	20.5 miles
8	1 mile		1 mile			1 mile race (including 0.5 mile warm up and cool down with group)		3.5 miles	24 miles

*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 _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Overall Total
1	.75		.75		1 mile			2.5	
2	.05		1 mile		1 mile			2.5	5
3	1 mile		1 mile		1 mile			3	8
4	1 mile		1 mile		1 mile			3	11
5	1 mile		1 mile		1 mile			3	14
6	1 mile		1.5 miles		1.5 miles			4	18
7	1 mile		1.5 miles		1.5 miles			4	22
8	1.5			1.5		Last 1.2 miles of marathon as culminating event		4.2	26.2

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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 _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Overall Total
1	1 mile		1 mile		1.5 mile			3.5 miles	3.5 miles
2	1 mile		1.5 miles		1.5 miles			4 miles	7.5 miles
3	mile		1.5 miles		2 miles			5 miles	12.5 miles
4	2 miles		2 miles		2 miles			6 miles	18.5 miles
5	2 miles		2.5 miles		2.5 miles			7 miles	25.5 miles
6	2.5 miles		3 mile mock race		2.5 miles			8 miles	33.5 miles
7	2.5 miles		2.5 miles		2.5 miles			7.5 miles	41 miles
8	2 miles		2 miles			3.1 mile race		7.1 miles	48.1 miles

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