**MARATHON FITNESS CHALLENGE**

The Marathon Fitness Challenge is a walking and/or running challenge that is designed to encourage fitness and exercise outside of the school day. This challenge is designed so that a marathon – 26.2 miles – is achievable for everyone if you take it one mile (or a fraction of a mile) at a time. The Marathon Challenge focuses on total miles, not speed. When walking and running for fitness it is important to pace yourself – start out SLOW and move at a pace that is comfortable to you. To participate in the Marathon Fitness Challenge, students are to try to walk or run outside of the school day. This can be done inside or outside and family participation is encouraged. It is a lot more motivating to exercise with others than it is by yourself. Students should record their mileage on the back of the sheet (date and distance) and return to school with a parent signature to Coach Hartzog when they have completed the 26.2 miles of a marathon. The challenge needs to be completed by no later than Wednesday, Nov 30th . All challenge finishers will receive a completion certificate and special prize for their hard work!

**STRENGTH DOESN’T COME FROM WHAT YOU CAN DO – IT COMES FROM OVERCOMING THE THINGS YOU ONCE THOUGHT YOU COULDN’T!**



**TRACK YOUR MILES**

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Total miles:\_\_\_\_\_\_\_

Parent signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_