



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 Mrs. Mulloy when they have completed the 26.2 miles of a marathon. The challenge needs to be completed by **no later than Wednesday, June 8th**. All challenge finishers will receive a completion certificate and special prize for their hard work!

Here are a few websites/apps that might help you keep track of your mileage and keep it fun:

- <http://www.visitwaukeshacounty.com/nature-outdoors/trails.php>
 - This website has many different walking trails around the area to explore.
- www.mapmyrun.com or www.mapmywalk.com
 - Both of these are websites or apps that can help to track your mileage as you try to complete the challenge. If you use the website you can input your route so you know how far to walk/run. If you use the app on a phone or device that has GPS capabilities it can track you while you exercise and tell you your mileage when you are finished.
- www.active.com
 - This website has many different active lifestyle features for anyone in the family. I like to use it for finding different local organized walks, runs, and activities in the area.

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



TRACK YOUR MILES

DATE	MILES

DATE	MILES

TOTAL MILES _____

PARENT SIGNATURE:
