



6-week marathon progress form

Week 1 to 2 (3.5 miles a week)

Week 3 to 4 (4.5 miles a week)

Week 5 to 6 (5 miles a week)

Total Miles= 26.2

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	½ mile	¾ mile	Rest	¾ mile	¾ mile	¾ mile	Rest
Date							
Week 2	½ mile	¾ mile	½ mile	Rest	¾ mile	½ mile	½ mile
Date							
Week 3	¾ mile	¾ mile	¾ mile	Rest	1 mile	¾ mile	½ mile
Date							
Week 4	¾ mile	1 mile	Rest	1 mile	¾ mile	½ mile	½ mile
Date							
Week 5	1 mile	1 mile	Rest	1 mile	1 mile	Rest	1 mile
Date							
Week 6	1 mile	1 mile	Rest	1.5 mile	Rest	1.7 mile	Rest
Date							

How to measure your distance on an outdoor track:

1 lap = ¼ mile

2 laps = ½ mile

3 laps = ¾ mile

4 laps = 1 mile