



## 8-week marathon progress form

Week 1 to 2 (2 miles a week)

Week 3 to 4 (3 miles a week)

Week 5 to 8 (4 miles a week)

Total Miles= 26.2

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	¼ mile	½ mile	Rest	¼ mile	½ mile	Rest	½ mile
Date							
Week 2	½ mile	Rest	½ mile	¼ mile	¼ mile	¼ mile	¼ mile
Date							
Week 3	½ mile	¾ mile	Rest	¾ mile	½ mile	¾ mile	½ mile
Date							
Week 4	¾ mile	½ mile	¾ mile	Rest	¾ mile	½ mile	½ mile
Date							
Week 5	¾ mile	¾ mile	Rest	¾ mile	¾ mile	½ mile	½ mile
Date							
Week 6	¾ mile	¾ mile	¾ mile	Rest	½ mile	¾ mile	½ mile
Date							
Week 7	¾ mile	¾ mile	Rest	1 mile	½ mile	Rest	1 mile
Date							
Week 8	Rest	1 mile	Rest	1 mile	1 mile	Rest	1.2 miles
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