MARATHON ONE

ATHLETE NAME | AGE | CLASS NAME

Ready, Set, Run!

For every 1/4 mile (or 1/8 mile) you complete, track your progress by coloring in 1/4 (or 1/8) of the tracks shown below. When you have colored all 26 tracks, you will have completed 26.2 miles - A WHOLE MARATHON!

Let’s get started!

1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26.2

You did it!

Keep Running!

There is no finish line! Stay focused and run towards your next goal!

Can’t make it to the running track?

Based on our research with youth MVPA, we can safely assume that using our recommended running games or playing sports that involve medium to high intensity running (basketball, soccer etc) for 20 minutes, is equivalent to a one mile run.