



ROCKET CITY KIDS MARATHON

MILEAGE LOG

INCREMENTAL RUNNING PROGRAM

HOW TO USE THIS LOG...

Each runner/walker will be at a different level - and that's perfectly fine! Your goal is to get in at least one to two miles each week, depending on your training program. Ask your coach / parent to write in your recommended weekly mileage goal.

Look at your weekly goal recommendation to plan your mileage for the week. For example, every Saturday, plot your runs/walks for that week. Circle the miles that you actually ran, and be sure to adjust your schedule if you miss a run. Have an adult initial each day you ran/walked. At the end of the week, add it up to see how far you've trained. Just think, by race day, you'll have run/walked to another city! How cool is that!

The event goal is to log at least 25.2 miles prior to race day. The final mile is completed in grand fashion as each child finishes their marathon distance in front of cheering fans, friends, and family inside the South Hall of the Von Braun Center

EXAMPLE:

SATURDAY	SUNDAY	MONDAY
11 0.5 mile/s AMT coach/parent initials	12 _____ mile/s _____ coach/parent initials	13 .25 mile/s AMT coach/parent initials
TUESDAY	WEDNESDAY	THURSDAY
14 .25 mile/s AMT coach/parent initials	15 0.5 mile/s AMT coach/parent initials	16 _____ mile/s _____ coach/parent initials
FRIDAY	WEEKLY MILEAGE	
17 0.5 mile/s AMT coach/parent initials	GOAL 2.0 TOTAL 2.0	

FUN ALONG THE WAY:

Kickoff event will be August 19 at 4:00PM at Jones Family Park Pavillion and will include a 1 mile kick off run. To help keep your child motivated while accumulating miles, there will be mileage boosters in September, October, and November. Further details and locations can be found below and on the website!

www.runsignup.com/rcmkids



SEPT - OCT - NOV

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE
WEEK 0	AUG 19 KICK OFF EVENT JONES FAMILY PARK PAVILION @ 4:00PM		SEP 1 _____ mile/s _____ coach/parent initials	2 _____ mile/s _____ coach/parent initials	3 _____ mile/s _____ coach/parent initials	4 _____ mile/s _____ coach/parent initials	5 _____ mile/s _____ coach/parent initials	GOAL _____ TOTAL _____
WEEK 1	6 _____ mile/s _____ coach/parent initials	7 _____ mile/s _____ coach/parent initials	8 _____ mile/s _____ coach/parent initials	9 _____ mile/s _____ coach/parent initials	10 _____ mile/s _____ coach/parent initials	11 _____ mile/s _____ coach/parent initials	12 _____ mile/s _____ coach/parent initials	GOAL _____ TOTAL _____
WEEK 2	13 _____ mile/s _____ coach/parent initials	14 _____ mile/s _____ coach/parent initials	15 _____ mile/s _____ coach/parent initials	16 _____ mile/s _____ coach/parent initials	AUTUMN CHASE 17 John Hunt Park@4:00PM _____ mile/s _____ coach/parent initials	18 _____ mile/s _____ coach/parent initials	19 _____ mile/s _____ coach/parent initials	GOAL _____ TOTAL _____
WEEK 3	20 _____ mile/s _____ coach/parent initials	21 _____ mile/s _____ coach/parent initials	22 _____ mile/s _____ coach/parent initials	23 _____ mile/s _____ coach/parent initials	24 _____ mile/s _____ coach/parent initials	25 _____ mile/s _____ coach/parent initials	26 _____ mile/s _____ coach/parent initials	GOAL _____ TOTAL _____
WEEK 4	27 _____ mile/s _____ coach/parent initials	28 _____ mile/s _____ coach/parent initials	29 _____ mile/s _____ coach/parent initials	30 _____ mile/s _____ coach/parent initials	OCT 1 _____ mile/s _____ coach/parent initials	2 _____ mile/s _____ coach/parent initials	3 _____ mile/s _____ coach/parent initials	GOAL _____ TOTAL _____
WEEK 5	4 _____ mile/s _____ coach/parent initials	5 _____ mile/s _____ coach/parent initials	6 _____ mile/s _____ coach/parent initials	7 _____ mile/s _____ coach/parent initials	8 _____ mile/s _____ coach/parent initials	9 _____ mile/s _____ coach/parent initials	10 _____ mile/s _____ coach/parent initials	GOAL _____ TOTAL _____
WEEK 6	11 _____ mile/s _____ coach/parent initials	12 _____ mile/s _____ coach/parent initials	13 _____ mile/s _____ coach/parent initials	MILEAGE BOOSTER 14 Jones Family Park@4:00PM _____ mile/s _____ coach/parent initials	15 _____ mile/s _____ coach/parent initials	16 _____ mile/s _____ coach/parent initials	17 _____ mile/s _____ coach/parent initials	GOAL _____ TOTAL _____
WEEK 7	18 _____ mile/s _____ coach/parent initials	19 _____ mile/s _____ coach/parent initials	20 _____ mile/s _____ coach/parent initials	21 _____ mile/s _____ coach/parent initials	22 _____ mile/s _____ coach/parent initials	23 _____ mile/s _____ coach/parent initials	24 _____ mile/s _____ coach/parent initials	GOAL _____ TOTAL _____
WEEK 8	25 _____ mile/s _____ coach/parent initials	26 _____ mile/s _____ coach/parent initials	27 _____ mile/s _____ coach/parent initials	28 _____ mile/s _____ coach/parent initials	29 _____ mile/s _____ coach/parent initials	30 _____ mile/s _____ coach/parent initials	31 _____ mile/s _____ coach/parent initials	GOAL _____ TOTAL _____

MILEAGE LOG

SEPT - OCT - NOV

WEEK 9	NOV 1	2	3	4	5	6	7	GOAL
WEEK 10	8	9	10	11	12	13	14	GOAL
WEEK 11	15	16	MILEAGE BOOSTER 17 Jones Family Park @ 4:00PM	18	19	20	21	GOAL
WEEK 12	22	23	24	25	26	27	28	GOAL
WEEK 13	29	30	DEC 1	2	3	4	5	GOAL
WEEK 14	6	7	8	9	10	11	10:15AM 12 KIDS RCM	GRAND TOTAL BEFORE RACE DAY 25.2 AFTER RACE DAY 26.2



ROCKET CITY MARATHON

KICK OFF EVENT:

Date and Time: Aug 19th at 4:00PM

Location: Jones Family Park Pavilion, followed by 1 Mile Booster Run

Registration: www.runsignup.com/rcmkids

RACE DAY:

Date and Time: Saturday, Dec 12th at 10:15AM

Start Location: Racers will meet at the race start line on Monroe near the VBC South Hall

Finish Line Location: Finish line inside VBC South Hall

PACKET PICKUP & EXPO:

BRING RUNNING LOG TO PACKET PICKUP

Date and Time: Friday, Dec 11th, 2PM-8PM

Location: VBC SOUTH HALL

401 Williams Ave SW, Huntsville, AL 35801

FINAL RACE INSTRUCTIONS:

During the week of the race, registered participants will receive final instructions via email regarding all of the race day details. Kids will receive a shirt within their packet and a medal upon the completion of the marathon distance of 26.2 miles. For safety reasons, only registered runners are allowed to participate in the run. Friends and family are encouraged to register and run with their children.

WWW.RUNSIGNUP.COM/RCMKIDS