

# Medtronic TC Kids Marathon

## 8 Week Log & Journal

Use this log & journal to track your minutes (via pedometer) or steps each day when training. See the "Key" to convert steps to miles. Training Targets: Days of the week containing numbers (minutes or steps) are running days and the numbers are your running goals. On activity days count minutes or steps toward your totals as you do fitness activities other than running. Make notes as to what you did and how you felt; add notes about weather, with whom you ran, schedule changes, etc.

Student Name: \_\_\_\_\_ Dates: \_\_\_\_\_

### Week 1

Total miles this week = 1.0

#### CONVERSION KEY

MILES	MINUTES	STEPS
0.25	3	500
0.5	6	1000
1	12	2000
1.5	18	3000
2	24	4000
2.5	30	5000
3	36	6000

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Minutes or Steps	Rest	3 or 500	Activity	6 or 1000	Activity	3 or 500	Rest or 3 or 500
What I did...							
How I felt...							

My Total Minutes This Week \_\_\_\_\_ OR My Total Steps This Week \_\_\_\_\_



The Medtronic TC Kids Marathon has been created by Twin Cities In Motion in partnership with Medtronic, to promote exercise, wellness and healthy lifestyles for kids and their families through a variety of fitness focused events. Medtronic is a global leader in medical technology, improving the lives of health and millions of people each year —with innovative therapies, services, and solutions.



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### Week 2

Total miles this week = 1.0

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Minutes or Steps	Rest	3 or 500	Activity	6 or 1000	Activity	3 or 500	Rest or 3 or 500
What I did...							
How I felt...							

My Total Minutes This Week \_\_\_\_\_ OR My Total Steps This Week \_\_\_\_\_



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### Week 3

Total miles this week = 1.5

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Minutes or Steps	Rest	5 or 900	Activity	8 or 1200	Activity	5 or 900	Rest or 5 or 900
What I did...							
How I felt...							

My Total Minutes This Week \_\_\_\_\_ OR My Total Steps This Week \_\_\_\_\_



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### Week 4

Total miles this week = 2.0

Minutes or Steps	Rest	7 or 1200	Activity	10 or 1600	Activity	7 or 1200	Rest or 7 or 1200
What I did...							
How I felt...							

My Total Minutes This Week \_\_\_\_\_ OR My Total Steps This Week \_\_\_\_\_



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### Week 5

Total miles this week = 2.0

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Minutes or Steps	Rest	7 or 1200	Activity	10 or 1600	Activity	7 or 1200	Rest or 7 or 1200
What I did...							
How I felt...							

My Total Minutes This Week \_\_\_\_\_ OR My Total Steps This Week \_\_\_\_\_



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### Week 6

Total miles this week = 2.0

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Minutes or Steps	Rest	7 or 1200	Activity	10 or 1600	Activity	7 or 1200	Rest or 7 or 1200
What I did...							
How I felt...							

My Total Minutes This Week \_\_\_\_\_ OR My Total Steps This Week \_\_\_\_\_



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### Week 7

Total miles this week = 2.5

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Minutes or Steps	Rest	9 or 1500	Activity	12 or 2000	Activity	9 or 1500	Rest or 9 or 1500
What I did...							
How I felt...							

My Total Minutes This Week \_\_\_\_\_ OR My Total Steps This Week \_\_\_\_\_



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### Week 8

Total miles this week = 2.5

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Minutes or Steps	Rest	9 or 1500	Activity	12 or 2000	Activity	9 or 1500	Rest or 9 or 1500
What I did...							
How I felt...							

My Total Minutes This Week \_\_\_\_\_ OR My Total Steps This Week \_\_\_\_\_



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