



**The Marathon
EVERYONE
Can Complete**

MARATHON IN A MONTH

We can all finish a marathon (26.2 miles) within one month. This walking program is designed for individuals who are looking to achieve a baseline fitness level. The goal is to complete the distance of a marathon within a thirty day time period..... Less than one mile a day.

Submit your results at the end of the month to be in a drawing for a \$25 gift card.

**YOUR SPEED, YOUR WAY,
YOUR MARATHON IN A MONTH.**

It is highly recommended that you consult with your physician before beginning any physical fitness routine.

2019 JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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
27	28	29	30	31		

NAME:

Paces to Keep in Mind

Warm Up	Beginner
85-95 steps per minute	100-125 steps per minute
25 to 30-minute mile	16:30 to 20-minute mile
2.5-2.9 mph	3-3.5 mph
Moderate Pace	Fast Pace
130-135 steps per minute	140-145 steps per minute
15 to 16-minute mile	13 to 14-minute mile
3.6-4 mph	4.3-4.6 mph