



STUDENT DISTANCE LOG

Student Name: _____

Start Date: _____

Final Event: _____

Final Event Date: _____

My personal running goal is: _____

I am committed to running because: _____

Student Signature _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Overall Total
1									
2									
3									
4									
5									
6									
7									
8									

*Teacher(s) overseeing the running program is responsible for helping students maintain a distance log. Distance logs should remain at the school with the overseeing teacher(s) in order to properly track progress.

Tips for using the editable distance log:

- Begin by determining the distance of your culminating event.
- Increase distance by no more than one (1) mile per week.
- Develop the best basic structure for your program based on the number of days you are holding your running program.
- NASPE recommends holding running sessions at least 2-3 days/week.
- NASPE recommends you always start and end with cooling down and stretching to teach students good habits.