



NEW HAMPSHIRE MARATHON MILEAGE LOG

****Remember to log your summer activities- hiking, biking, running, walking, etc. They all count! Feel free to “back-log” miles to be sure you get up to 25.2 miles before you final mile 10/05/2019****

Date	Mileage	Parent/Coach Initials

****Tip of the Week: If you are breathing too hard, slow down or walk a bit until you feel comfortable again.**

Date	Mileage	Parent/Coach Initials

****Tip of the Week: Eat colorful foods! Always try a colorful fruit or vegetable with your meal.**

Date	Mileage	Parent/Coach Initials

****Tip of the Week: Eat a snack with a carb and a protein an hour before exercising. For example, whole wheat toast with peanut butter.**

Date	Mileage	Parent/Coach Initials

