Student Athlete Name: _____
Student Athlete Grade: _____

SJS Spring Track 2026: 13.1 Hlalf Mile - Half-Marathon Challenge. Run a timed Hlaf-Mile 26 times. Write down your time. At our last practice, run 192.5 Yards (.1 Mile) to finish the challenge. There are 99 boxes to complete 26 single 1 Half-Mile Runs. This is EASY and the time you finish does not matter, just run the Half -Mile - 26 Times.. Yes, you can run more than 1 any day, YES YOU CAN START BEFORE MARCH 23, 2026, just keep "TRACK" (Get it?)

WEEK OF:	23-Mar	30-Mar	6-Apr	13-Apr	20-Apr	27-Apr	4-May	11-May	18-May	25-May	1-Jun
each box, or write in your time for the Half Mile (See Examples Below)											
~~3-Mar~~											
4:58											
~~3-Apr~~											
4:21											
~~20-Apr~~											
3:50											
~~5-May~~											
3:21											