

## Marathon in a Month

### Tracking Your Miles

Walking Log	Walk #1	Walk #2	Walk #3	Walk #4	Walk #5	Weekly totals
Week #1						
Week #2						
Week #3						
Week #4						
Walk Totals...						
Grand Total for the monthly walks:	The grand total for all walks during the month should be equivalent to 26.2 miles or more...					

### Paces to Keep in Mind

#### Warm-Up

85-95 steps per minute

25 to 30-minute mile

2.5-2.9 mph

#### Beginner Pace

100-125 steps per minute

16:30 to 20-minute mile

3-3.5 mph

#### Moderate Pace

130-135 steps per minute

15 to 16-minute mile

3.6-4 mph

#### Fast Pace

140-145 steps per minute

13 to 14-minute mile

4.3-4.6 mph