



ORTHODONTICS
— EMBRACING EXCELLENCE —

Mile Tracker

Let's keep on track! Run 2 to 3 miles a week following this schedule!

Plan ahead! Pick your days and run 1 mile at a time.

If you get behind, be sure to add an extra running day in your week!



Color in the path as you complete your mile goals!

SUGGESTED MILES EACH WEEK

March 6-12	2 Miles
March 13-19	2 Miles
March 20-26	2 Miles
March 17-April 2	3 Miles
April 3-9	3 Miles
April 10-16	3 Miles
April 17-23	3 Miles
April 24 - 30	3 Miles
May 1-7	2 Miles
May 8-RACE DAY	2 Miles

6 MILES

4 MILES

2 MILES

12 MILES

8 MILES

14 MILES

16 MILES

18 MILES

20 MILES

25 MILES



Scan to register for the FREE
Med City Kids Run

MED CITY
MARATHON
ROCHESTER, MN

presented by
ActivePT
Physical Therapy and Sports

May 12th, 2023

**RACE
DAY!**

Complete your Marathon! A Marathon is 26.2 miles, and we run 1.2 miles for the finish on May 12.