

Running Goal Tracking Sheet

Free printable from Student Lap Tracker · one sheet per class or club group per season

Class/Group: _____ **Season:** _____ **Course length:** _____

How to use: write your own milestones across the top, smallest first. For example 1 km, 5 km, 10 km, a half marathon (21.1), a marathon (42.2), 80 and 160 km, or use your club's award ladder. List each runner down the left. When a runner's running total (km) reaches a milestone, write the date in that column. Post the sheet where students can see it; the next empty box is the next goal.

[illegible]

Student Lap Tracker tracks every runner's total automatically and flags each milestone the day it is reached