

Students Name: _____

Mile 1

Date	
Goal Time	
1/2 Split	
1 1/2 Split	
2 1/2 Split	
3 1/2 Split	
4 1/2 Split	
5 1/2 Split	

Recorder

Mile 2

Date	
Goal Time	
1/2 Split	
1 1/2 Split	
2 1/2 Split	
3 1/2 Split	
4 1/2 Split	
5 1/2 Split	

Recorder

Mile 3

Date	
Goal Time	
1/2 Split	
1 1/2 Split	
2 1/2 Split	
3 1/2 Split	
4 1/2 Split	
5 1/2 Split	

Recorder

Mile 4

Date	
Goal Time	
1/2 Split	
1 1/2 Split	
2 1/2 Split	
3 1/2 Split	
4 1/2 Split	
5 1/2 Split	

Recorder

Mile 5

Date	
Goal Time	
1/2 Split	
1 1/2 Split	
2 1/2 Split	
3 1/2 Split	
4 1/2 Split	
5 1/2 Split	

Recorder

Mile 6

Date	
Goal Time	
1/2 Split	
1 1/2 Split	
2 1/2 Split	
3 1/2 Split	
4 1/2 Split	
5 1/2 Split	

Recorder

Mile 7

Date	
Goal Time	
1/2 Split	
1 1/2 Split	
2 1/2 Split	
3 1/2 Split	
4 1/2 Split	
5 1/2 Split	

Recorder

Mile 8

Date	
Goal Time	
1/2 Split	
1 1/2 Split	
2 1/2 Split	
3 1/2 Split	
4 1/2 Split	
5 1/2 Split	

Recorder

Mile 9

Date	
Goal Time	
1/2 Split	
1 1/2 Split	
2 1/2 Split	
3 1/2 Split	
4 1/2 Split	
5 1/2 Split	

Recorder