hundred Miler 2026

MILEAGE TRACKING SHEET

YOUR NAME

YOUR GOAL

	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL
JANUARY 12-18		KICK-OFF EVENT				G.W.		
JANUARY 19-25								
JANUARY 26-FEBRUARY 1								
FEBRUARY 2-8				DAY 25				
FEBRUARY 9-15		G.W.						
FEBRUARY 16-22						G.W.		
FEBRUARY 23-MARCH 1								
MARCH 2-8	DAY 50 HALFWAY THERE!							
MARCH 9-15		G.W.						
MARCH 16-22						G.W.		
MARCH 23-29					DAY 75			
MARCH 30-APRIL 5								
APRIL 6-12								
APRIL 13-19		G.W.						
APRIL 20-23		DAY 100		FINALE!				

NOTE: TRACK MILES OR 30-MINUTE INCREMENTS OF ACTIVITY. 1 HALF HOUR = 1 MILE!

You can do it! If you skip a day, try to make it up later that week. Remember that 30 minutes of any activity that elevates your heart rate counts! Do what you love to do, listen to your body, and watch your overall health and stamina improve over 100 days.

ROANOKE