

Scotiabank[®] MARATHON

NAME: _____

START DATE: _____

How far is it to run a marathon? A marathon has a distance of 42.195 kilometres. There are 24 shapes on this page representing the total number of runs included in your 8-week training program. Starting at the red star, every time you complete a run, enter the kilometre distance inside the shape and add colour! Will you finish a marathon before your big Scotiabank Toronto Waterfront Marathon 5k virtual race and become a Scotiabank Marathon Jr.!?! Yaaay!!

