Alton Parks and Recreation Department

The Lost Summer of 2020
52.4 Miles Challenge

5K = 3.1 Miles 10K = 6.2 Miles Half = 13.1 Full = 26.2
Mile/Minute Equation for Alternative Workout Activity: 15 min = .75 miles
_____Minutes/15 x .75 (Ex. 30 minutes/15 x .75 = 1.5 miles)

Name				
Date	Workout	Miles	Minutes	Mile conversion Non Walking/Running Activity
				____min/15 x .75=_____Miles
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				____min/15 x .75=_____Miles
				____min/15 x .75=_____Miles
				____min/15 x .75=_____Miles
Total Distance				
Total Time				