

# マラソン練習がんばりカード

|    |
|----|
| 名前 |
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|     |        |
|-----|--------|
| めあて | 周 走ります |
|-----|--------|

※ 走った周回数だけ色をぬりましょう。

220周走ったら33kmだ！

|          |     |     |     |     |     |     |     |     |     |
|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1        | 2   | 3   | 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 3km      |     |     |     |     |     |     |     |     |     |
| 11       | 12  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  |
| 6km      |     |     |     |     |     |     |     |     |     |
| 21       | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  |
| 9km      |     |     |     |     |     |     |     |     |     |
| 31       | 32  | 33  | 34  | 35  | 36  | 37  | 38  | 39  | 40  |
| 12km     |     |     |     |     |     |     |     |     |     |
| 41       | 42  | 43  | 44  | 45  | 46  | 47  | 48  | 49  | 50  |
| 15km     |     |     |     |     |     |     |     |     |     |
| 51       | 52  | 53  | 54  | 55  | 56  | 57  | 58  | 59  | 60  |
| 18km     |     |     |     |     |     |     |     |     |     |
| 61       | 62  | 63  | 64  | 65  | 66  | 67  | 68  | 69  | 70  |
| 21km     |     |     |     |     |     |     |     |     |     |
| 44km     |     |     |     |     |     |     |     |     |     |
| 71       | 72  | 73  | 74  | 75  | 76  | 77  | 78  | 79  | 80  |
| 24km     |     |     |     |     |     |     |     |     |     |
| 81       | 82  | 83  | 84  | 85  | 86  | 87  | 88  | 89  | 90  |
| 27km     |     |     |     |     |     |     |     |     |     |
| 91       | 92  | 93  | 94  | 95  | 96  | 97  | 98  | 99  | 100 |
| 30km     |     |     |     |     |     |     |     |     |     |
| 33km     |     |     |     |     |     |     |     |     |     |
| 101      | 102 | 103 | 104 | 105 | 106 | 107 | 108 | 109 | 110 |
| すごい！110周 |     |     |     |     |     |     |     |     |     |

