37 DAYS · NOV 26, 2026 – JAN 1, 2027

Holiday Running Challenge

HARDER

One mile a day from Thanksgiving to New Year's Day. Run it, jog it, or walk it on hard days.

HOW IT WORKS

1. Cover 1 mile (1.6 km) every day.
2. Run or jog it. Treadmill counts.
3. Colour a circle. Both count the same.

Two levels

- ◯ Full: run or jog 1 mile
- ◯ Minimum: walk 1 mile

MON	TUE	WED	THU	FRI	SAT	SUN
NOV 23	NOV 24	NOV 25	**1** NOV 26 THANKSGIVING ◯ RUN ◯ WALK	**2** NOV 27 ◯ RUN ◯ WALK	**3** NOV 28 ◯ RUN ◯ WALK	**4** NOV 29 ◯ RUN ◯ WALK
5 NOV 30 ◯ RUN ◯ WALK	**6** DEC 1 ◯ RUN ◯ WALK	**7** DEC 2 ◯ RUN ◯ WALK	**8** DEC 3 ◯ RUN ◯ WALK	**9** DEC 4 ◯ RUN ◯ WALK	**10** DEC 5 ◯ RUN ◯ WALK	**11** DEC 6 ◯ RUN ◯ WALK
12 DEC 7 ◯ RUN ◯ WALK	**13** DEC 8 ◯ RUN ◯ WALK	**14** DEC 9 ◯ RUN ◯ WALK	**15** DEC 10 ◯ RUN ◯ WALK	**16** DEC 11 ◯ RUN ◯ WALK	**17** DEC 12 ◯ RUN ◯ WALK	**18** DEC 13 ◯ RUN ◯ WALK
19 DEC 14 HALFWAY ◯ RUN ◯ WALK	**20** DEC 15 ◯ RUN ◯ WALK	**21** DEC 16 ◯ RUN ◯ WALK	**22** DEC 17 ◯ RUN ◯ WALK	**23** DEC 18 ◯ RUN ◯ WALK	**24** DEC 19 ◯ RUN ◯ WALK	**25** DEC 20 ◯ RUN ◯ WALK
26 DEC 21 LONGEST NIGHT ◯ RUN ◯ WALK	**27** DEC 22 ◯ RUN ◯ WALK	**28** DEC 23 ◯ RUN ◯ WALK	**29** DEC 24 CHRISTMAS EVE ◯ RUN ◯ WALK	**30** DEC 25 CHRISTMAS ◯ RUN ◯ WALK	**31** DEC 26 ◯ RUN ◯ WALK	**32** DEC 27 ◯ RUN ◯ WALK
33 DEC 28 ◯ RUN ◯ WALK	**34** DEC 29 ◯ RUN ◯ WALK	**35** DEC 30 ◯ RUN ◯ WALK	**36** DEC 31 NEW YEAR'S EVE ◯ RUN ◯ WALK	**37** JAN 1 FINISH LINE ◯ RUN ◯ WALK	JAN 2	JAN 3

Both circles count the same. Easy pace is fine. Ill with a fever, or icy outside? Walk indoors or rest: your health comes first. Miss once, never twice.

One mile. Every day. Until the new year.

harder.pro/blog/holiday-running-challenge

37 Miles: My Log

HARDER

Write the distance and time if you like. One word about how it felt is enough.

DAY	DATE	RUN / WALK	DISTANCE	TIME	ONE WORD
1	Nov 26	○ RUN ○ WALK			
2	Nov 27	○ RUN ○ WALK			
3	Nov 28	○ RUN ○ WALK			
4	Nov 29	○ RUN ○ WALK			
5	Nov 30	○ RUN ○ WALK			
6	Dec 1	○ RUN ○ WALK			
7	Dec 2	○ RUN ○ WALK			
8	Dec 3	○ RUN ○ WALK			
9	Dec 4	○ RUN ○ WALK			
10	Dec 5	○ RUN ○ WALK			
11	Dec 6	○ RUN ○ WALK			
12	Dec 7	○ RUN ○ WALK			
13	Dec 8	○ RUN ○ WALK			
14	Dec 9	○ RUN ○ WALK			
15	Dec 10	○ RUN ○ WALK			
16	Dec 11	○ RUN ○ WALK			
17	Dec 12	○ RUN ○ WALK			
18	Dec 13	○ RUN ○ WALK			
19	Dec 14	○ RUN ○ WALK			
20	Dec 15	○ RUN ○ WALK			
21	Dec 16	○ RUN ○ WALK			
22	Dec 17	○ RUN ○ WALK			
23	Dec 18	○ RUN ○ WALK			
24	Dec 19	○ RUN ○ WALK			
25	Dec 20	○ RUN ○ WALK			
26	Dec 21	○ RUN ○ WALK			
27	Dec 22	○ RUN ○ WALK			
28	Dec 23	○ RUN ○ WALK			
29	Dec 24	○ RUN ○ WALK			
30	Dec 25	○ RUN ○ WALK			
31	Dec 26	○ RUN ○ WALK			
32	Dec 27	○ RUN ○ WALK			
33	Dec 28	○ RUN ○ WALK			
34	Dec 29	○ RUN ○ WALK			
35	Dec 30	○ RUN ○ WALK			
36	Dec 31	○ RUN ○ WALK			
37	Jan 1	○ RUN ○ WALK			

MY PLAN · MY USUAL ROUTE

TIME OF DAY

GEAR (LIGHTS, LAYERS, GRIP)

Total distance

Goal: 37 miles

1		20	
2		21	
3		22	
4		23	
5		24	
6		25	
7		26	
8		27	
9		28	
10		29	
11		30	
12		31	
13		32	
14		33	
15		34	
16		35	
17		36	
18		37	
19			

Total distance: _____ **miles**

Milestones: Day 10 · Day 19 halfway · Day 30 Christmas · Day 37 finish

Not affiliated with Runner's World. Inspired by the holiday running tradition.