

# Runner's Weekly Training Log

Name \_\_\_\_\_ Grade \_\_\_\_\_

| Week               | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Total |
|--------------------|-----|------|-----|------|-----|-----|-----|-------|
| 1                  |     |      |     |      |     |     |     |       |
| 2                  |     |      |     |      |     |     |     |       |
| 3                  |     |      |     |      |     |     |     |       |
| 4                  |     |      |     |      |     |     |     |       |
| 5                  |     |      |     |      |     |     |     |       |
| 6                  |     |      |     |      |     |     |     |       |
| 7                  |     |      |     |      |     |     |     |       |
| 8                  |     |      |     |      |     |     |     |       |
| 9                  |     |      |     |      |     |     |     |       |
| 10                 |     |      |     |      |     |     |     |       |
| 11                 |     |      |     |      |     |     |     |       |
| 12                 |     |      |     |      |     |     |     |       |
| Total Summer Miles |     |      |     |      |     |     |     |       |

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_