

KIDS OF STEEL MILEAGE LOG



Make a plan to move every day!

To get ready for race day, walk and/or run three to four days a week. Use the mileage log below to record the time/distance you spent running, walking, or being active some other way.

RUN BY **PER**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
week 1							
week 2							
week 3							
week 4							
week 5							
week 6							
week 7							
week 8							

Be sure to turn your completed log in to your coach or on race day for your Kids of STEEL finisher prize! Show off your log! Tag us on social media. Follow us for training tips and race updates.



@kidsofsteelgh