

GET Ready to Run!

PRESENTED by:  BlueCross BlueShield
of Mississippi

It's good to be Blue.

Kids' Mileage Log Sheet

Use this chart to track your miles. Remember that you need to run at least 25.2 miles before race day!

Name: _____ Initial Mile Time: _____ Grade: _____

(Have someone time you in a one-mile run at the beginning of your training then set a goal for a faster time at the end of your training.

Run some local fun runs each month to monitor your progress.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage	Accumulated Mileage	Parent/Coach Initial
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										
Week 8										
Week 9										
Week 10										
Week 11										
Week 12										
Week 13										
Week 14										
Week 15										
Week 16										
Kids' One-Mile Fun Run Day!								1	26.2	