Running Mileage Log

Name:
Team Name:

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Comments
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
							Total Miles:	

Record the time you spent running or walking and the distance for each training day. Set a goal and see it through. Once completed, please turn this log into your coach.
Online training log is also available at http://bit.ly/koslog