MANATEE HIGH SCHOOL TRACK "DR" PRE-SEASON TRAINING LOG

DATE	MILES	COMMENTS
SUBTOTAL:		

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SUBTOTAL:		

GRAND TOTAL _____ **MILES**

Print as many training log pages as you need.

EARN A COOL SHIRT FOR LOGGING
200 MILES BY THE FIRST DAY OF OFFICIAL TRACK & FIELD PRACTICE.

Please note in comments if running or cross training workout.

1 hour of XTRAIN = 4 miles of running

At least 80% of your mileage must be running to be eligible for rewards.

Athlete Name: _____

My signature below indicates that I have honestly recorded the miles I have completed.

Student Signature: _____

Parent Signature: _____