



Training Log

Use this training log to help you get in shape!

INSTRUCTIONS:

Each part of the circle or square equals $\frac{1}{4}$ mile. Fill in the shape and you have a whole mile. When you finish a row of shapes, fill in your total miles on the right.

Mileage Log					Total Miles
Total Miles					

We'll see you May 17, 2008!

More information can be found at:

WWW.THEOLDGLORYRUN.COM