



PRESENTED BY
 SCOTT & WHITE
HEALTH PLAN
12.08.12

Training Log

BCS Marathon Kids, this is your personal training log as you run towards the Scott & White Healthplan BCS Kid's Marathon on December 8, 2012. Our goal is for you to run a total of 25 miles between September 1st and December 8th. That may seem like a lot, but over 3 months it is less than 2 miles of running a week. We know you can do it! Ask your parents to help you keep track of your running, and have fun!

Name: _____

Age: _____

What is your favorite part about running? _____

Where is your favorite place to run? _____

Run Date **Run Distance**

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