BCS Kids MARATHON

PRESENTED BY SCOTT&WHITE HEALTH PLAN

12.07.13

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 7, 2013. Our goal is for you to run a total of 25 miles between September 1st and December 7th. 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	Run Date	Run Distance

FOR MORE INFO AND REGISTRATION

Visit BCSMARATHON.COM/KIDS

Run Total _____