

2016 MANATEE HIGH SCHOOL CROSS COUNTRY SUMMER TRAINING LOG

[illegible]

DATE	MILES	NOTE IF RUN OR XTRAIN
SUBTOTAL:		

Print as many training log pages as you need.

Summer mile club shirts will be awarded for:

GOALS:

1st year on team: 200 miles
2nd year on team: 300 miles
3rd year on team: 400 miles
4th year on team: 500 miles

Cross training counts too!

1 hour of any fitness class = 4 miles of running
1 hour of biking, elliptical, swimming = 4 miles of running
1 hour of strength training = 4 miles of running

Please note in the comments when miles are from cross training and not running.

Any miles May 1 to July 31 should be recorded on this training log.

**GRAND
TOTAL**

SUMMER MILES

Athlete Name:

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

Student Signature:

Parent Signature:

Training logs must be turned in the first day of practice & signed by a parent or guardian.