Summer Mileage Tracker

Keep track of your daily and weekly mileage on this chart.
Each athlete's goal is **125** miles of running for the entire summer! Good Luck!
Biking will count, for every 4 miles on bike it will equal 1 mile of running.

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	WEEK TOTAL
May 29 - Jun 4								
Jun 5 - Jun 11								
Jun 12 - Jun 18								
Jun 19 - Jun 25								
Jun 26 - Jul 2								
Jul 3 - Jul 9								
Jul 10 - Jul 16								
Jul 17 - Jul 23								
Jul 24 - Jul 30								
Jul 31 - Aug 6								
Aug 7 - Aug 13								
TOTALS								

Parent Signature:_____ Athlete Signature:_____

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