



PRESENTED BY



12.10.22

# Training Log

BCS Marathon Kids, this is your personal training log as you run towards the Scott & White Health plan BCS Kid's Marathon on December 10, 2022. Our goal is for you to run a total of 25 miles between October 1st and December 9th. That may seem like a lot, but over 10 weeks it is less than 2.5 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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FOR MORE INFO AND REGISTRATION

Visit [BCSMARATHON.COM/KIDS](https://www.bcsmarathon.com/kids)

Run Total \_\_\_\_\_