



Training Log

Walk, run or wheelchair 25 miles before November 13, 2011. Fill in each box with the date you run and remember, get a parent or guardian to sign for each mile you complete. All finishers will receive a real Pensacola Marathon medal! So track your miles, color in each mileage square and be a Pensacola Marathon Athlete! **Present this training log during packet pick-up on 11/11 or 11/12 at Running Wild.**

Name: _____ Age: _____ Email (parent/guardian): _____

1/2	1/2	1 mile _____ Initial	1/2	1/2	15 miles _____ Initial
1/2	1/2	2 miles _____ Initial	1/2	1/2	16 miles _____ Initial
1/2	1/2	3 miles _____ Initial	1/2	1/2	17 miles _____ Initial
1/2	1/2	4 miles _____ Initial	1/2	1/2	18 miles _____ Initial
1/2	1/2	5 miles _____ Initial	1/2	1/2	19 miles _____ Initial
1/2	1/2	6 miles _____ Initial	1/2	1/2	20 miles _____ Initial
1/2	1/2	7 miles _____ Initial	1/2	1/2	21 miles _____ Initial
1/2	1/2	8 miles _____ Initial	1/2	1/2	22 miles _____ Initial
1/2	1/2	9 miles _____ Initial	1/2	1/2	23 miles _____ Initial
1/2	1/2	10 miles _____ Initial	1/2	1/2	24 miles _____ Initial
1/2	1/2	11 miles _____ Initial	1/2	1/2	25 miles _____ Initial
1/2	1/2	12 miles _____ Initial	Race Day! _____ 26.2 miles Initial		
1/2	1/2	13 miles _____ Initial	CONGRATULATIONS!		
1/2	1/2	14 miles _____ Initial			

