



44th run for women

JUNIOR 3K



MILEAGE LOG

Make a plan to move every day! To get ready for race day, walk and/or run three to four days a week. Use the mileage log below to record the time/distance you spent running, walking or being active any other way.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							