

Use your race training sheet to track your racing progress.

Simply place a sticker, mark an x, or color in the box each time you complete your goal.

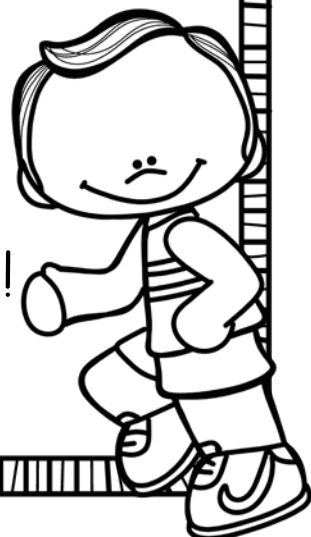
Example:

Each box represents a mile.

Goal = 26 Miles

Every time a mile is completed a sticker goes in the box until all 26 are completed.

Set distance according to what fits your needs!



Name \_\_\_\_\_

# Race Training
