



Midnight Mile Training Log: Week 6

Note to parents: It is required that your child complete the workout as stated below. Alternative workouts will not be accepted! (e.g. a basketball game, biking, etc.) As workouts progress, your child may be required to run/jog specific distances. You can help them train by driving off required distances/routes with your car and using your odometer, or simply driving them to DMS so that they might use the track. (Remember, 4 laps equals one mile!) Running on a treadmill is another great way to train! Remember to stretch before and after each workout.

THIS LOG IS DUE WEDNESDAY, SEPTEMBER 26th BY 4PM! THIS LOG CANNOT BE LATE!

Participant Name _____ Teacher's Name _____ Hour _____

Week #6 – September 19th-September 26th

Jog easy for 2.75 miles (11 laps on track) without walking.

Parent/Legal Guardian Signature (only if workouts were completed!)

Date of first workout _____ Parent Signature _____

Jog easy for 3 miles (12 laps on track) without walking.

Parent/Legal Guardian Signature (only if workouts were completed!)

Date of second workout _____ Parent Signature _____

☺CONGRATS ON COMPLETING YOUR TRAINING!☺

It is still your responsibility to get your log turned in **on the day that it is due DESPITE illnesses, absences, printer/computer/fax and/or internet problems.** While you may choose to email or fax your log please know that technology is not always reliable and this method should be avoided if possible, as we will not be able to make exceptions under such circumstances. The preferred and safest method of turning in your log is to personally hand your log to your PE teacher.

Fax (847)426-4008

brian.iossi@d300.org

mark.scheurich@d300.org

aaron.godfrey@d300.org

gina.hurley@d300.org

lauren.omsberg@d300.org

“You have a choice. You can throw in the towel, or you can use it to wipe the sweat off of your face.”

-Gatorade