

# **Minnetonka Track & Field/Cross Country Off Season Mileage Requirements**

**Cross Country      T-shirt = 200 miles      Dates: 6/1/2021 – 8/15/2021**

**\*\* Cross Country Camp requirements:**

- **Freshmen = 150 miles**
- **Sophomores = 175 miles**
- **Juniors/Seniors = 200 miles**

**Training Log Instructions:**

- 1. Record your miles on the daily log.**
- 2. Add up the total number of miles that you ran during the off season.**
- 3. Have a parent or guardian sign the log.**
- 4. Turn the log in to your coach during the first week of the season.**

## TRAINING LOG

Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Total number of miles during off season: \_\_\_\_\_

[illegible]

[illegible]