

SCHEELS



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IMT Des Moines Marathon
Scheels All Sports Training Log

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Distance
Time/Pace

Record 500 miles in your Training Log and bring it in to Scheels All Sports for 20% off your next pair of qualifying running shoes at participating Scheels stores across Iowa.