2023 DHS Summer Running Plan - Beginner Boy

| **Week**  | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun | **Week Total** | **Summer Total**  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| May 22-28 | Rest! | 25 min. | Rest! | 25 min. | Rest! | 30 min.  | Rest! | ~8 miles | ~8 miles |
| May 29- June 4 | Rest! | 30 min. | 25 min. | 30 min. | Rest! | 30 min.  | Rest! | ~11 miles | ~19 miles |
| June 5-11 | Rest! | 3 | 4 | 3 | Rest! | 4 | Rest! | 14 | 33 |
| June 12-18 | Rest! | 4 | 3 | 4 | Rest! | 4 | Rest! | 15 | 48 |
| June 19-25 | 4 | 4 | Rest! | 4 | 3 | 4 | Rest! | 19 | 67 |
| June 26- July 2 | 4 | 5 | Rest! | 4 | 5 | 4 | Rest! | 22 | 89 |
| July 3-9 | 5 | 5 | Rest! | 4 | 4 | 5 | Rest! | 23 | 112 |
| July 10-16 | 5 | 4 | 4 | 6 | 5 | 3 | Rest! | 27 | 139 |
| July 17-23 | 5 | 4 | 5 | 7 | 5 | 4 | Rest! | 30 | 169 |
| July 24-30 | 5 | 5 | 5 | 7 | 5 | 4 | Rest! | 31 | 200 |
| July 31-Aug 4 | **Practice****Start!**  | **Practice** | **Practice** | **Practice** | **Practice** | **Practice** | Rest! | X | X |

Summer 2023 DHS Summer Running Log

| **Week**  | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun | **Week Total** | **Summer Total**  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| May 22-28 |  |  |  |  |  |  |  |  |  |
| May 29- June 4 |  |  |  |  |  |  |  |  |  |
| June 5-11 |  |  |  |  |  |  |  |  |  |
| June 12-18 |  |  |  |  |  |  |  |  |  |
| June 19-25 |  |  |  |  |  |  |  |  |  |
| June 26- July 2 |  |  |  |  |  |  |  |  |  |
| July 3-9 |  |  |  |  |  |  |  |  |  |
| July 10-16 |  |  |  |  |  |  |  |  |  |
| July 17-23 |  |  |  |  |  |  |  |  |  |
| July 24-30 |  |  |  |  |  |  |  |  |  |
| July 31-Aug 4 | **Practice Start!** | **Practice** | **Practice** | **Practice** | **Practice** | **Practice** | Rest! |  |  |