2023 DHS Summer Running Plan - Varsity Girl

| **Week**  | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun | **Week Total** | **Summer Total**  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| May 22-28 | 5 | 4 | 3 | 6 | 5 | 3 | Rest! | 26 | 26 |
| May 29- June 4 | 4 | 5 | 4 | 7 | 5 | 4 | Rest! | 29 | 55 |
| June 5-11 | 5 | 6 | 5 | 7 | 5 | 4 | Rest! | 32 | 87 |
| June 12-18 | 5 | 6 | 5 | 7 | 5 | 5 | Rest! | 33 | 120 |
| June 19-25 | 5 | 6 | 5 | 8 | 5 | 6 | Rest! | 35 | 155 |
| June 26- July 2 | 6 | 6 | 5 | 8 | 6 | 6 | Rest! | 37 | 192 |
| July 3-9 | 6 | 6 | 5 | 8 | 5 | 6 | Rest! | 35 | 227 |
| July 10-16 | 5 | 6 | 5 | 8 | 5 | 5 | Rest! | 33 | 260 |
| July 17-23 | 6 | 6 | 5 | 8 | 5 | 6 | Rest! | 35 | 295 |
| July 24-30 | 7 | 6 | 5 | 9 | 5 | 6 | Rest! | 37 | 332 |
| 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! |  |  |