

Name:

Grade (Fall 2024):

2024 DHS Summer Running Plan - JV Boy

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun	Week Total	Summer Total
May 20-26	5	4	4	6	4	4	Rest!	27	27
May 27- June 2	5	5	4	7	5	4	Rest!	30	57
June 3-9	6	5	5	7	5	5	Rest!	33	90
June 10-16	6	6	5	8	5	6	Rest!	36	126
June 17-23	6	6	5	9	6	6	Rest!	38	164
June 24- 30	7	6	6	9	6	6	Rest!	40	204
July 1-7	6	6	5	9	6	6	Rest!	38	242
July 8-14	7	6	6	9	6	6	Rest!	40	282
July 15-21	7	6	6	10	6	7	Rest!	42	324
July 22-28	7	7	6	11	6	7	Rest!	44	368
July 29-Aug 2	<b>Practice Start!</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	Rest!	X	X

Summer 2024 DHS Summer Running Log

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun	Week Total	Summer Total
May 20-26									
May 27- June 2									
June 3-9									
June 10-16									
June 17-23									
June 24- 30									
July 1-7									
July 8-14									
July 15-21									
July 22-28									
July 29-Aug 2	<b>Practice Start!</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	<b>Practice</b>	Rest!		