

Name:

Grade (Fall 2024):

2024 DHS Summer Running Plan - JV Girl

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun	Week Total	Summer Total
May 20-26	5	4	3	6	5	3	Rest!	26	26
May 27- June 2	4	5	4	7	5	4	Rest!	29	55
June 3-9	5	6	5	7	5	4	Rest!	32	87
June 10-16	5	6	5	7	5	5	Rest!	33	120
June 17-23	5	6	5	8	5	6	Rest!	35	155
June 24- 30	6	6	5	8	6	6	Rest!	37	192
July 1-7	5	6	5	8	5	6	Rest!	35	227
July 8-14	6	6	5	8	6	6	Rest!	37	264
July 15-21	7	6	6	8	6	6	Rest!	39	303
July 22-28	7	6	6	10	6	7	Rest!	42	345
July 29-Aug 2	Practice Start!	Practice	Practice	Practice	Practice	Practice	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	Practice Start!	Practice	Practice	Practice	Practice	Practice	Rest!		