

Name:

Grade (Fall 2024):

2024 DHS Summer Running Plan - New Runner

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun	Week Total	Summer Total
May 20-26	Rest!	25 min.	Rest!	25 min.	Rest!	30 min.	Rest!	~8 miles	~8 miles
May 27- June 2	Rest!	30 min.	25 min.	30 min.	Rest!	30 min.	Rest!	~11 miles	~19 miles
June 3-9	Rest!	3	4	3	Rest!	4	Rest!	14	33
June 10-16	Rest!	4	3	4	Rest!	4	Rest!	15	48
June 17-23	4	4	Rest!	4	3	4	Rest!	19	67
June 24- 30	4	5	Rest!	4	5	4	Rest!	22	89
July 1-7	5	5	Rest!	4	4	5	Rest!	23	112
July 8-14	5	4	4	6	5	3	Rest!	27	139
July 15-21	5	4	5	7	5	4	Rest!	30	169
July 22-28	5	5	5	7	5	4	Rest!	31	200
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!		