

Name:

Grade (Fall 2024):

2024 DHS Summer Running Plan - Varsity Boy

<b>Week</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun</b>	<b>Week Total</b>	<b>Summer Total</b>
May 20-26	6	6	5	8	5	6	Rest!	36	36
May 27- June 2	7	6	5	9	5	6	Rest!	38	74
June 3-9	7	7	6	9	6	7	Rest!	42	116
June 10-16	7	7	6	10	7	7	Rest!	44	160
June 17-23	8	7	7	10	7	7	Rest!	46	206
June 24- 30	8	8	7	12	7	8	Rest!	50	256
July 1-7	8	7	7	10	7	7	Rest!	46	302
July 8-14	8	8	7	12	7	8	Rest!	50	352
July 15-21	9	8	8	12	7	8	Rest!	52	404
July 22-28	9	8	8	14	7	8	Rest!	54	458
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

<b>Week</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun</b>	<b>Week Total</b>	<b>Summer Total</b>
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!		