

Name:

Grade (Fall 2024):

2024 DHS Summer Running Plan - Varsity Girl

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun	Week Total	Summer Total
May 20-26	6	5	5	8	5	5	Rest!	34	34
May 27- June 2	6	6	5	8	5	6	Rest!	36	70
June 3-9	6	6	5	9	6	6	Rest!	38	108
June 10-16	7	6	6	9	6	6	Rest!	40	148
June 17-23	7	7	6	9	6	7	Rest!	42	190
June 24- 30	7	7	7	10	6	7	Rest!	44	234
July 1-7	7	6	6	9	6	6	Rest!	40	274
July 8-14	7	7	7	10	6	7	Rest!	44	318
July 15-21	8	7	7	12	7	7	Rest!	48	366
July 22-28	8	8	7	12	7	8	Rest!	50	416
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!		