

# MJHS SUMMER RUNNING LOG - PATH TO 100!

**"Sometimes the best runs come on days you didn't feel like running."**

**Week 1**

June 10-15 - Recommendation - 8 miles - 4 runs of 2 miles each

<u>June 10</u>	<u>June 11</u>	<u>June 12</u>	<u>June 13</u>	<u>June 14</u>	<u>June 15</u>	<u>TOTAL WEEKLY MILES</u>
----------------	----------------	----------------	----------------	----------------	----------------	-------------------------------

**Week 2**

June 17-22 - Recommendation - 9 miles - 4 runs of 2 miles and 1 run of 1 mile

<u>June 17</u>	<u>June 18</u>	<u>June 19</u>	<u>June 20</u>	<u>June 21</u>	<u>June 22</u>	<u>TOTAL WEEKLY MILES</u>
----------------	----------------	----------------	----------------	----------------	----------------	-------------------------------

**Week 3**

June 24-29 - Recommendation - 9 miles - 4 runs of 2 miles and 1 run of 1 mile

<u>June 24</u>	<u>June 25</u>	<u>June 26</u>	<u>June 27</u>	<u>June 28</u>	<u>June 29</u>	<u>TOTAL WEEKLY MILES</u>
----------------	----------------	----------------	----------------	----------------	----------------	-------------------------------

**Week 4**

July 1-6 - Recommendation - 9 miles - 4 runs of 2 miles and 1 run of 1 mile

<u>July 1</u>	<u>July 2</u>	<u>July 3</u>	<u>July 4</u>	<u>July 5</u>	<u>July 6</u>	<u>TOTAL WEEKLY MILES</u>
---------------	---------------	---------------	---------------	---------------	---------------	-------------------------------

**Week 5**

July 8-13 - Recommendation - 10 miles - 5 runs of 2 miles

<u>July 8</u>	<u>July 9</u>	<u>July 10</u>	<u>July 11</u>	<u>July 12</u>	<u>July 13</u>	<u>TOTAL WEEKLY MILES</u>
---------------	---------------	----------------	----------------	----------------	----------------	-------------------------------

**Week 6**

July 15-20 - Recommendation - 10 miles - 5 runs of 2 miles

<u>July 15</u>	<u>July 16</u>	<u>July 17</u>	<u>July 18</u>	<u>July 19</u>	<u>July 20</u>	<u>TOTAL WEEKLY MILES</u>
----------------	----------------	----------------	----------------	----------------	----------------	-------------------------------

**Week 7**

July 22-27 - Recommendation - 10 miles - 1 run of 3 miles, 3 runs of 2 miles, 1 run of 1 mile

<u>July 22</u>	<u>July 23</u>	<u>July 24</u>	<u>July 25</u>	<u>July 26</u>	<u>July 27</u>	<u>TOTAL WEEKLY MILES</u>
----------------	----------------	----------------	----------------	----------------	----------------	-------------------------------

**Week 8**

July 29 - Aug 3 - Recommendation - 10 miles - 2 runs of 3 miles, 2 runs of 2 miles

<u>July 29</u>	<u>July 30</u>	<u>July 31</u>	<u>Aug 1</u>	<u>Aug 2</u>	<u>Aug 3</u>	<u>TOTAL WEEKLY MILES</u>
----------------	----------------	----------------	--------------	--------------	--------------	-------------------------------

**"We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort." - Jesse Owens, olympic gold medalist**

<b><u>TOTAL MILES</u></b>
---------------------------

Athlete Name \_\_\_\_\_

Parent Signature \_\_\_\_\_