MJHS SUMMER RUNNING LOG - PATH TO 85!

"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

June 10	June 11	June 12	June 13	June 14	June 15	TOTAL WEEKLY MILES

Week 2

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

June 17	June 18	June 19	June 20	June 21	June 22	TOTAL WEEKLY MILES

Week 3

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

June 24	June 25	June 26	June 27	June 28	June 29	TOTAL WEEKLY MILES

Week 4

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

July 15	July 16	July 17	July 18	July 19	July 20	TOTAL WEEKLY MILES

Week 5

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

July 8	July 9	July 10	July 11	July 12	July 13	TOTAL WEEKLY MILES

Week 6

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

July 15	July 16	July 17	July 18	July 19	July 20	TOTAL WEEKLY MILES

Week 7

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

July 22	July 23	July 24	July 25	July 26	July 27	TOTAL WEEKLY MILES

Week 8

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

July 29	July 30	July 31	Aug 1	Aug 2	Aug 3	TOTAL WEEKLY MILES

"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

TOTAL MILES

Athlete Name _____   Parent SIgnature _____