

MJHS SUMMER RUNNING LOG - PATH TO 100!

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

Week 1

June 5 - 10 - Recommendation - 10 miles - 2 runs of 3 miles, 2 runs of 2 miles

<u>June 5</u>	<u>June 6</u>	<u>June 7</u>	<u>June 8</u>	<u>June 9</u>	<u>June 10</u>	<u>TOTAL WEEKLY MILES</u>
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Week 2

June 12 - 17 - Recommendation - 11 miles - 2 runs of 3 miles, 2 runs of 2 miles, 1 run of 1 mile

<u>June 12</u>	<u>June 13</u>	<u>June 14</u>	<u>June 15</u>	<u>June 16</u>	<u>June 17</u>	<u>TOTAL WEEKLY MILES</u>
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Week 3

June 19 - 24 - Recommendation - 12 miles - 3 runs of 3 miles, 1 run of 2 miles, 1 run of 1 mile

<u>June 19</u>	<u>June 20</u>	<u>June 21</u>	<u>June 22</u>	<u>June 23</u>	<u>June 24</u>	<u>TOTAL WEEKLY MILES</u>
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Week 4

June 26 - July 1 - Recommendation- 13 miles - 3 runs of 3 miles, 2 runs of 2 miles

<u>June 26</u>	<u>June 27</u>	<u>June 28</u>	<u>June 29</u>	<u>June 30</u>	<u>July 1</u>	<u>TOTAL WEEKLY MILES</u>
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Week 5

July 3 - 8 - Recommendation - 13 miles - 3 runs of 3 miles, 2 runs of 2 miles

<u>July 3</u>	<u>July 4</u>	<u>July 5</u>	<u>July 6</u>	<u>July 7</u>	<u>July 8</u>	<u>TOTAL WEEKLY MILES</u>
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Week 6

July 10 - 15 - Recommendation - 13 miles - 4 runs of 3 miles, 1 run of 1 mile

<u>July 10</u>	<u>July 11</u>	<u>July 12</u>	<u>July 13</u>	<u>July 14</u>	<u>July 15</u>	<u>TOTAL WEEKLY MILES</u>
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Week 7

July 17 - 22 - Recommendation - 14 miles - 4 runs of 3 miles, 1 run of 2 miles

<u>July 17</u>	<u>July 18</u>	<u>July 19</u>	<u>July 20</u>	<u>July 21</u>	<u>July 22</u>	<u>TOTAL WEEKLY MILES</u>
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Week 8

July 24 - 29 - Recommendation - 14 miles - 1 run of 4 miles, 3 runs of 3 miles, 1 run of 1 mile

<u>July 24</u>	<u>July 25</u>	<u>July 26</u>	<u>July 27</u>	<u>July 28</u>	<u>July 29</u>	<u>TOTAL WEEKLY MILES</u>
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"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 _____