MJHS SUMMER RUNNING LOG - PATH TO 75!

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

Week 1

Athlete Name _____

Myeek 2 June 10 June 11 June 12 June 13 June 14 June 15 June 16 June 17 TOTAL WEEKLY MILES	June 5-10 - Recommendation - 8 miles - 4 runs of 2 miles each							
June 12-17 - Recommendation - 9 miles - 4 runs of 2 miles and 1 run of 1 mile June 12 June 13 June 14 June 15 June 16 June 17 MILES MILES	June 5	<u>June 6</u>	June 7	June 8	<u>June 9</u>	<u>June 10</u>		
June 12-17 - Recommendation - 9 miles - 4 runs of 2 miles and 1 run of 1 mile June 12 June 13 June 14 June 15 June 16 June 17 MILES MILES	Week 2							
MILES								
June 19 - 24 - Recommendation - 9 miles - 4 runs of 2 miles and 1 run of 1 mile June 19	June 12	<u>June 13</u>	June 14	June 15	<u>June 16</u>	June 17		
June 19 June 20 June 21 June 22 June 23 June 24 TOTAL WEEKLY MILES	Week 3			-				
Week 4 June 26 - July 1 - Recommendation - 9 miles - 4 runs of 2 miles and 1 run of 1 mile June 26 June 27 June 28 June 29 June 30 July 1 TOTAL WEEKLY MILES Week 5 July 3 - 8 - Recommendation - 10 miles - 5 runs of 2 miles July 3 July 4 July 5 July 6 July 7 July 8 TOTAL WEEKLY MILES Week 6 July 10 - 15 - Recommendation - 10 miles - 5 runs of 2 miles July 10 July 11 July 12 July 13 July 14 July 15 TOTAL WEEKLY MILES Week 7 July 17 - 22 - Recommendation - 10 miles - 1 run of 3 miles, 3 runs of 2 miles, 1 run of 1 mile July 17 July 18 July 19 July 20 July 21 TOTAL WEEKLY MILES Week 8 July 24 - 29 - Recommendation - 10 miles - 2 runs of 3 miles, 2 runs of 2 miles July 25 July 26 July 27 July 28 July 29 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	June 19 - 24 - Recommendation - 9 miles - 4 runs of 2 miles and 1 run of 1 mile							
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July 10 July 11 July 12 July 13 July 14 July 15 TOTAL WEEKLY MILES	Week 6							
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Parent Signature _____