

****July practices are optional, but HIGHLY recommended. The more preseason running we get in, the better our team will be. Please come!

Name _____

Parent Signature _____

Summer Running Log

***Bring signed form to practice on the first day. Don't forget to bring your physical exam form as well.**

| Weekly totals | Monday Miles run | Tuesday Miles run | Wednesday Miles run | Thursday Miles run | Friday Miles run | Saturday Miles run | Sunday Miles run |
|---------------|--|--|--|---|--|--------------------|------------------|
| | 6/6 | 6/7 | 6/8 | 6/9 | 6/10 | 6/11 | 6/12 |
| | 6/13 | 6/14 | 6/15 | 6/16 | 6/17 | 6/18 | 6/19 |
| | 6/20 | 6/21 | 6/22 | 6/23 | 6/24 | 6/25 | 6/26 |
| | 6/27 | 6/28 | 6/29 | 6/30 | 7/1 | 7/2 | 7/3 |
| | 7/4 | 7/5 | 7/6 | 7/7 | 7/8 | 7/9 | 7/10 |
| | 7/11 Practice- 8:30-10am Lagoon Picnic Area | 7/12 | 7/13 Practice- 8:30-10am Lagoon Picnic Area (Metropark) | 7/14 | 7/15 Practice- 8:30-10am Lagoon Picnic Area | 7/16 | 7/17 |
| | 7/18 Practice- 8:30-10am Lagoon Picnic Area | 7/19 Practice- 8:30-10am South Mastick | 7/20 | 7/21 Practice- 8:30-10am South Mastick (Metropark) | 7/22 Practice- 8:30-10am Lagoon Picnic Area | 7/23 | 7/24 |
| | 7/25 Practice- 8:30-10am LagoonPicnic Area | 7/26 Practice- 8:30-10am South Mastick | 7/27 | 7/28 Practice- 8:30-10am South Mastick | 7/29 Practice- 8:30-10am Lagoon Picnic Area | 7/30 | 7/31 |