

# Monday

## June 1st, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Tuesday

# June 2nd, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Wednesday

Running Planet's  
Old School Training Journal

# June 3rd, 2009



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Thursday

# June 4th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Blank area for recording today's workout details.

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Blank area for recording strength training, plyometrics, or drills.

Distance Today

Blank area for recording distance today.

Weekly Total

Blank area for recording weekly total distance.

Monthly Total

Blank area for recording monthly total distance.

Yearly Total

Blank area for recording yearly total distance.

Vital Statistics (weight, pulse, blood pressure )

Blank area for recording vital statistics.

Notes/Daily Diary

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# Friday

Running Planet's  
Old School Training Journal



# June 5th, 2009

Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Saturday June 6th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Sunday June 7th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Monday

## June 8th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Tuesday

## June 9th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Wednesday

Running Planet's  
Old School Training Journal

# June 10th, 2009



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Thursday

# June 11th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Friday

Running Planet's  
Old School Training Journal

# June 12th, 2009



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Saturday June 13th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Sunday

Running Planet's  
Old School Training Journal

# June 14th, 2009



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Monday

## June 15th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Tuesday

## June 16th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Wednesday

Running Planet's  
Old School Training Journal

# June 17th, 2009



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Thursday

# June 18th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Friday

Running Planet's  
Old School Training Journal

# June 19th, 2009



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Saturday June 20th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Sunday

Running Planet's  
Old School Training Journal

# June 21st, 2009



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Monday

# June 22nd, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Tuesday

# June 23rd, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Wednesday

Running Planet's  
Old School Training Journal

# June 24th, 2009



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Thursday

# June 25th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Friday

Running Planet's  
Old School Training Journal

# June 26th, 2009



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Saturday June 27th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Sunday June 28th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Monday

## June 29th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary

# Tuesday

# June 30th, 2009

Running Planet's  
Old School Training Journal



Today's Workout ( Course, workout type, pace, distance, time )

Strength Training/Plyometrics/Drills ( Specific exercise, sets, reps )

Distance Today

Weekly Total

Monthly Total

Yearly Total

Vital Statistics (weight, pulse, blood pressure )

Notes/Daily Diary