

Wednesday

Running Planet's
Old School Training Journal

July 1st, 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

July 2nd, 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.

Monthly Total

Blank area for recording monthly total.

Yearly Total

Blank area for recording yearly total.

Vital Statistics (weight, pulse, blood pressure)

Blank area for recording vital statistics.

Notes/Daily Diary

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Friday

July 3rd, 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

Saturday July 4th, 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 July 5th, 2009

Running Planet's
Old School Training Journal



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

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

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Distance Today

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Weekly Total

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Monthly Total

Blank area for recording monthly total.

Yearly Total

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Vital Statistics (weight, pulse, blood pressure)

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Notes/Daily Diary

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Monday July 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

Tuesday

July 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

Wednesday

Running Planet's
Old School Training Journal

July 8th, 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

July 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

Friday

Running Planet's
Old School Training Journal

July 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

Saturday July 11th, 2009

Running Planet's
Old School Training Journal



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

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

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Distance Today

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Weekly Total

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Monthly Total

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Yearly Total

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Vital Statistics (weight, pulse, blood pressure)

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Notes/Daily Diary

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Sunday

July 12th, 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

July 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

Tuesday

July 14th, 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

July 15th, 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

July 16th, 2009

Running Planet's
Old School Training Journal



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

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

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Distance Today

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Weekly Total

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Monthly Total

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Yearly Total

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Vital Statistics (weight, pulse, blood pressure)

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Notes/Daily Diary

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Friday

Running Planet's
Old School Training Journal

July 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

Saturday July 18th, 2009

Running Planet's
Old School Training Journal



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

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

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Distance Today

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Weekly Total

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Monthly Total

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Yearly Total

Blank area for recording yearly total distance.

Vital Statistics (weight, pulse, blood pressure)

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Notes/Daily Diary

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Sunday

July 19th, 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

July 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

Tuesday

July 21st, 2009

Running Planet's
Old School Training Journal



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

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

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Distance Today

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Weekly Total

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Monthly Total

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Yearly Total

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Vital Statistics (weight, pulse, blood pressure)

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Notes/Daily Diary

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Wednesday

Running Planet's
Old School Training Journal

July 22nd, 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 July 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

Friday

Running Planet's
Old School Training Journal

July 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

Saturday July 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

Sunday July 26th, 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

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Weekly Total

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Monthly Total

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Yearly Total

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Vital Statistics (weight, pulse, blood pressure)

Blank area for recording vital statistics.

Notes/Daily Diary

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Monday

July 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

Tuesday

July 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

Wednesday

Running Planet's
Old School Training Journal

July 29th, 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

July 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

Friday

Running Planet's
Old School Training Journal

July 31st, 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