

Monday

Running Planet's
Old School Training Journal

December 1st, 2008



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

Running Planet's
Old School Training Journal

December 2nd, 2008



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

December 3rd, 2008



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

Running Planet's
Old School Training Journal

December 4th, 2008



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

December 5th, 2008



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

Running Planet's
Old School Training Journal

December 6th, 2008



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

December 7th, 2008



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

Running Planet's
Old School Training Journal

December 8th, 2008



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

Running Planet's
Old School Training Journal

December 9th, 2008



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

December 10th, 2008



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

Running Planet's
Old School Training Journal

December 11th, 2008



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

December 12th, 2008



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

Running Planet's
Old School Training Journal

December 13th, 2008



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

December 14th, 2008



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

Running Planet's
Old School Training Journal

December 15th, 2008



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

Running Planet's
Old School Training Journal

December 16th, 2008



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

December 17th, 2008



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

Running Planet's
Old School Training Journal

December 18th, 2008



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

December 19th, 2008



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

Running Planet's
Old School Training Journal

December 20th, 2008



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

December 21st, 2008



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

Running Planet's
Old School Training Journal

December 22nd, 2008



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

Running Planet's
Old School Training Journal

December 23rd, 2008



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

December 24th, 2008



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

Running Planet's
Old School Training Journal

December 25th, 2008



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

December 26th, 2008



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

Running Planet's
Old School Training Journal

December 27th, 2008



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

December 28th, 2008



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

Running Planet's
Old School Training Journal

December 29th, 2008



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

Running Planet's
Old School Training Journal

December 30th, 2008



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

December 31st, 2008



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