

Wednesday

Running Planet's
Old School Training Journal

April 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

April 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

Friday

Running Planet's
Old School Training Journal

April 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

Saturday April 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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Sunday April 5th, 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

Blank area for recording notes or a daily diary.

Monday

April 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

April 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

April 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

April 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

April 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

April 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

Sunday

Running Planet's
Old School Training Journal

April 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

Monday

Running Planet's
Old School Training Journal

April 13th, 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

Tuesday

April 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

April 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

April 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

Friday

Running Planet's
Old School Training Journal

April 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 April 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

Sunday

Running Planet's
Old School Training Journal

April 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

Monday

April 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

April 21st, 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

April 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

April 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

April 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 April 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

Running Planet's
Old School Training Journal

April 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

Monday

Running Planet's
Old School Training Journal

April 27th, 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

Tuesday

April 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

April 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

April 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