

Friday

Running Planet's
Old School Training Journal



May 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

Saturday May 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

Sunday

Running Planet's
Old School Training Journal

May 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

Monday

May 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

Tuesday

May 5th, 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

May 6th, 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

May 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

Friday

Running Planet's
Old School Training Journal

May 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

Saturday May 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

Sunday

Running Planet's
Old School Training Journal

May 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

Monday

Running Planet's
Old School Training Journal

May 11th, 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

Running Planet's
Old School Training Journal

May 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

Wednesday

Running Planet's
Old School Training Journal

May 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

Thursday

May 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

Friday

Running Planet's
Old School Training Journal

May 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

Saturday

May 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

Sunday

Running Planet's
Old School Training Journal

May 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

Monday

Running Planet's
Old School Training Journal



May 18th, 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

Running Planet's
Old School Training Journal

May 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

Wednesday

Running Planet's
Old School Training Journal

May 20th, 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

May 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

Friday

Running Planet's
Old School Training Journal

May 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

Saturday May 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

Sunday

Running Planet's
Old School Training Journal

May 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

Monday

Running Planet's
Old School Training Journal

May 25th, 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

May 26th, 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

May 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

Thursday

May 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

Friday

Running Planet's
Old School Training Journal

May 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

Saturday May 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

Sunday

Running Planet's
Old School Training Journal

May 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