

# Thursday

Running Planet's  
Old School Training Journal

# January 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

# Friday

Running Planet's  
Old School Training Journal

# January 2nd, 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

# January 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

# Sunday

# January 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

# Monday

# January 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

# Tuesday

# January 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

# Wednesday

Running Planet's  
Old School Training Journal

# January 7th, 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

# January 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

# Friday

Running Planet's  
Old School Training Journal

# January 9th, 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

Running Planet's  
Old School Training Journal

# January 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

# Sunday

Running Planet's  
Old School Training Journal

# January 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

# Monday

Running Planet's  
Old School Training Journal

# January 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

# Tuesday

Running Planet's  
Old School Training Journal

# January 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

# Wednesday

Running Planet's  
Old School Training Journal

# January 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

# Thursday

Running Planet's  
Old School Training Journal

# January 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

# Friday

Running Planet's  
Old School Training Journal

# January 16th, 2009



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

Blank area for recording notes or a daily diary.

# Saturday

Running Planet's  
Old School Training Journal

# January 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

# Sunday

Running Planet's  
Old School Training Journal

# January 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

# Monday

Running Planet's  
Old School Training Journal

# January 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

# Tuesday

Running Planet's  
Old School Training Journal

# January 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

# Wednesday

Running Planet's  
Old School Training Journal

# January 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

# Thursday

Running Planet's  
Old School Training Journal

# January 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

# Friday

Running Planet's  
Old School Training Journal

# January 23rd, 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

Running Planet's  
Old School Training Journal

# January 24th, 2009



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.

# Sunday

Running Planet's  
Old School Training Journal

# January 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

# Monday

Running Planet's  
Old School Training Journal

# January 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

# Tuesday

Running Planet's  
Old School Training Journal

# January 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

# Wednesday

Running Planet's  
Old School Training Journal

# January 28th, 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

Running Planet's  
Old School Training Journal

# January 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

# Friday

Running Planet's  
Old School Training Journal

# January 30th, 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

Running Planet's  
Old School Training Journal

# January 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