

Thursday

Running Planet's
Old School Training Journal

October 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

October 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

October 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 October 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

October 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

October 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

October 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

Running Planet's
Old School Training Journal

October 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

Friday

Running Planet's
Old School Training Journal

October 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

October 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

October 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

October 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

October 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

October 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

October 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

October 16th, 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

October 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

October 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

October 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

October 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

October 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

October 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

October 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

October 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

Sunday

Running Planet's
Old School Training Journal

October 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

October 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

October 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

October 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

October 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

October 30th, 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.

Saturday

Running Planet's
Old School Training Journal

October 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