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Temple Training Workout Log Books

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1971

# **Training Workout Log Book Summer 1969-1971**

Edward S. Temple

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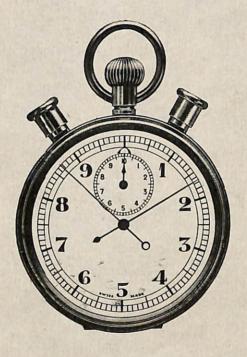


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# TRAINING WORK-OUT LOG BOOK





The Don Canham Co.
Ann Arbor, Michigan



<b>会是这种的。在1000年,在1000年</b>	AND SELECTION OF SELECTION OF SELECTION	EUG BERTHER FERNANDER ST	The state of the s	
NAME	DATE	DISTANCES	REST	TIMES
E. LEPS	TUES ILAK	3 X 34 miles	15 min	3:21-3:22.5 - 3:19.1
E. LEPS	TUES ILER	6 x 440 yos	10 Min	:60 -:61.1-:62 -:60.5
E. LEPS	WED 12th	8 x 300 YDS	5 MIN	All ABOUT :38 SEC.
ELEPS	THURS 13 TH	10 x 220 yos	5	:28 SEC. EACH
E LEPS	FR1. 14TH	Light we	erm up	- no times
E. LEPS	SAT. 15 TH	34 MILE TRIAL	-	3.07.8
E. LEPS	SUN 16 TH	LONG WALK		
MARTIN-LEPS AQUINO-HAYES	NON NOV 17	2 × 34 miles	15min	3:17.2 - 3:16.5
SAME GROUP.	TUESNOV 18	2 × 660	10 min	1:25.3 - 1:25.6
SAME GROUP.	WED NOV 19	10 x 330's	5 min	all about 40 sec.
SAME GROUP	THURS NOV 20	8 x 220		Easy ne times token.
With the state of			EULEN MER	

THIS LOG BOOK IS DESIGNED SO THAT THE ATHLETE OR COACH CAN KEEP A HANDY RECORD OF TRAINING. SPACE IS PROVIDED TO RECORD 900 DIFFERENT WORKOUTS (30 LINES ON 30 PAGES). IN ADDITION, THE BOTTOM OF EACH PAGE IS BLANK SO THAT THE ATHLETE OR COACH CAN MAKE NOTES OR COMMENTS ON WORKOUTS. AN ATHLETE USING THIS BOOK CAN RECORD 900 WORKOUTS IN DETAIL--HE WOULD HAVE A COMPLETE THREE-YEAR RECORD.

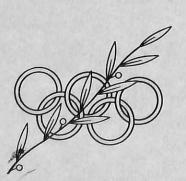
YOU CAN USE EACH LINE FOR AN <u>INDIVIDUAL'S</u> DAILY WORKOUT AS SHOWN ON THE FIRST SEVEN LINES ABOVE -- OR YOU CAN USE EACH LINE FOR <u>GROUP</u> WORKOUTS AS SHOWN ON THE LAST FOUR LINES.

TO KEEP YOUR TRAINING SCHEDULES PROGRESSIVE AND UNIFORM FROM DAY TO DAY, WEEK TO WEEK, MONTH TO MONTH, USE THE BOOKLET EACH TRAINING PERIOD. YOU WILL FIND THAT YOU WILL REFER TO IT CONSTANTLY FOR COMPARISONS, ETC.

GOOD LUCK,

DON CANHAM TRACK COACH

UNIVERSITY OF MICHIGAN



NAME	DATE	DISTANCES	REST	TIMES
Hindsman, L.	6-96-69	1 x 300 yds		4/13
Johnson, N.	6-16-69	1 x 300 yds		39:3
Brown G.	6-15-69	1×300 vds		41:4
Lowe, A.	6-16-69	1 × 300 vds		43:3
Hunter L.	6-16-69	1×300 yds		3813
Hunter, P	6-16-69	1 x 300 y ds		38:3
Kennedy B.	6-16-69	1 x 300 yds		60:5
Corina	10-16-69	1 x 300 yds		42:0
angela	6-16-69	1 x 300 yds		44:5
Brown, G	6-19-69	3× 200 yds		28:2,28:1, 28:3
Hunter, P.	6-19-69	3x 200yds		26:5, 26:9, 28:1
Johnson, Ni	6-19-69	3 x 200 yds		28:0, 28:5, 29:0
Hunter, L.	6-19-69	3 x 200 yds		27:0, 28:0, 28:3
Angela	6-19-69	3x200 yds		31:0, 23:2, 32:1
Corina	6-19-69	3 x200 yds		28:2, 31:2, 29:0
Hindsman, L.	6-19-69	3 x 300 yds		40:0, 39:9, 39:6
Lewis, C	6-19-69	3 × 300 yds		46:0; 47:0, 47:4
Hindsman, L.	6-20-69	6 ×200 yds		30:9,29:9,31:1,30:0,29:7,30:1
Lewis, C.	6-20-69	6 x 200 yds		7218, 3218,34:7,35:4,37:0,34:5
Hindsman, L.	6-26-69	1×440 yds		62.5
Hunter, L.	6-26-69			11:2, 11:5
Johnson, N.	6-26-69	2 × 100 yds		11:4, 11:7
Lowe, A.	6-26-69			7:7, 7:8, 7:4, 8:0,7.7
Hunter, L,	6-26-69			27:0, 29:6
Johnson, N.	6-26-69	2 x 200 yds		26:9, 27:6
Brown, G.	6-26-69	2x200yds		29:61 28:5

### WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES		NAME
Render, M.	6-26-69	2 × 50 yds		5:9,6:0		Smith, R
Davis, I	6-26-69	3 x50 vds		6:3,6:1,5:9		Brown G
Hunter, P.	6-26-69		ļ	6:4, 6:5, 6:2		Watson, M
Hunter, P. Johnson, N.	6-26-69	1 K50 yds		6:7		McManus,
Hunter, L.	6-26-69	2×50yds		6:3, 6:4		Hunter, F
Lowe, A.	6-26-69	2 450 yds		6:3,6:2		Kender, 1
Render, M.	6-26-69	2x75vds		2.5,8.3		Lowe, A
Davis, I	16-26-19	2×75vds		8:2,8:4		Livinger, L
Hunter L.	6-26-69	2 x 75 vds		9.2.95	· ·	Sollewin
•						Hightower,
					•	Jackson,
						Waters, 1
						Mc Monus
			·			Sollen
	<u> </u>					Brown C
					_	Lowe P
<del></del>						Hunter, 1
						Hightown
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				<u> </u>	_   `	Davis
						Render
						1 5 10 - 1 - 1
					_ '	SALLEY
<del></del>						McManus
						Bayone
	<del> </del>					Hunter, P
						McManus Bayone Hunter, P Brown Hightown
						Hightow

i	NAME	Summer DATE	1970 DISTANCES	REST	TIMES
	Smith, D	670-70		REST	23,9
·	Brown, G	1:	1 x 22D 2 x 220		25,6 - 25,3
	Watson, M	11			
,	McManus, F	1'	1 X 220 1 X 220		24.6
	Hunter, P	<del>                                     </del>	1 × 220	<u> </u>	24.7
	Kender, M	6-10-70	1 x 220	-	23,9
	Lowe, A	11	2 X 200		25,2 - 25,1
	Lauria de	11			255 - 24.8
	Sofiemin	- 11		· - · · · ·	25.1 = 25.5
	Hightower, G	6-10-70			26,1 - 26,9
	Jackson, A		2x 203 2x 223		33 3 - 202
	Waters, D	11	2 x 220		32.3 - 32.2 27.1 - 26.9
,	waters, b	-	~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~		~ 11 ~ 01 /
	Mc Monus R	6-11-70	2 x 10%	•	11.4 - 11.5
	Solley, J	11 10	2 X 100		11.5 - 12.2
	Brown G		2 X 100		116 -12.9
	Lowe A		$2 \times 100$		12.0 - 11.8
	Hunter, L		2 2 100		12.2 -11.9
	Hightower	1	2 8 1 10		12.4 - 12.5
	Highiosoci				
	Davis	6-19-70	2 × 100		10.8 - 10.5
	Render		2 x 100		11.0 - 11.5
	Smith		2 ×100		11.3 - 11.1
•	SALLEY		2 ×100		11.4-11.8
	McManus		27.10	-	11.3-11.6
,	Bayone				11,3-11.1
	Hunter P				11.4 - 11.5
	Brown		2×100		- 12.5
	McManus Bayones Hunter, P Brown Hightower		2×100		12.3
	34.				

_	WORKOUT REMARKS					
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NAME	DATE	DISTANCES	REST	TIMES
Lowe, A.	6-19-70	2×100		-11.6
Hurtler, L.		2 x 100		-11.6
WATSON, M.	,	2 x 100		911.10
/				
Davis	6-19-70	2 x 220		25.2 - 24.2
Hunter, P.		2 x 22h		25,5 - 25,0
Lower		11		27.5 - 27.1
Brown		11		27.6 - 27.8
Render		11.		25,3 - 24,7
McMailus		11		25.4 - 25,5
Barnne		11		27.1
Salley		11		27.6 = 26.9
Hunter, L.				
	6-19-70	440 relay	1	
WATSON		7 (0 ) (0,0)		
RENDER		,		485
SMITH				
DAVIS		-		
O [ ( Vas		440 relau		
SALLEY			7	t.
HUNTER L.				50,2
HIGHTOWER		· · · · · · · · · · · · · · · · · · ·	7	
Memanus			<del>                                     </del>	
	6-19-71	HIGH JUMP		
CHEESEBOROUGH	1 10	I les Call = AVII. I		58-52-54-
WATERS				5'0"
WILLIAM I	6-19-70	LONG-JUMP		
SMITH	0,1,0	20110 34111		178"-186"-188"
HIGHTOWER		<u> </u>		17'8"-18'6"-18'8"
LIPO LI IOMEN	<b>L</b>			III II I

NAME	DATE	DISTANCES	REST	TIMES
SALLEY				* - 16'5" -17'7"
MOSTALLI				X = 16'5" -17'7" 17'1"-16'4"-X
		LONGTUMP		
SMITH				- 18'65" -X
HIGHTOUSE CLAUSY				17'/4"
Commence				1728"-17:43"-17:88"
WATSON				17% 到 - 17211- 1654
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NAME	DATE	DISTANCES	REST	TIMES
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		SUMMER	197	
NAME	DATE	DISTANCES	REST	TIMES
	6-9-71	2 x 150 yds	2:30 PM	
Hughes D.		2 x 150 x ds		16.0 -16.0
Wedgemonth D		1,		16.0 - 16.0
me Manus R		2 ×150 yds		16.1 - 16.4
Hunter, L		_ //		16.7 - 16.9
Lour, F.		2 x 150 yd		17.8 17.9[flats]
Huahes	6-10-71	2 x 150 xd	6:00 AM.	16.3-16.4
Wodaworth	11	/ "		17.2 -16,3
Manus	11			16.7 - 16.6
Hunter P	6-10-71	3 x 150 yd		16.4 - 16.6
HunterL	11	, ,		17.0 - 17.2
Loue, A	11			17.9 - 17.9
Hurrlen, P	6-12-71	1 x 150 yd	2:30 PM	16,6
Wedgeworth	11	/		16.4.
Hunter, L	11			16,8
Hughes	6-12-71	1 x 150 yd		16.4
Memanus	11	, .		16,8
Harris	1/		·	16,3
DAVITS	6-15-71	2 x 150y1	9:00 AM	15.5
RENDER	11	Q 7 13 7 11	7,001117	16,1 15,5
Tuner	1'			17,0 15,9
Huchos	6-15-71	2 x 150 yd		16.5 16.2
Hughes Wedgeworth	11	, , , , , , , , , , , , , , , , , , ,		16,2 15,9
Smith	11			16.9 16.4
Smith Hatris	6-15-71	2 x 150 yd		16.5 16.1
McManus	11			16,6 16,6

WORKOUT REMARKS

1.15.5 — - EXCELLENT UNDER WORLD RECORD TIME, 2.15.6 - 16.0 — GOOD 3.16.1 - 16.5 — AVERAGE 4.16.6 - 17.0 — FAIR 5.17.1 - up — pror

NAME	DATE	DISTANCES	REST	TIMES
Hunter, L.	9-15-71	2 x 150 vd	9:00 AM	16.6 - 16.6
Brown G	11	2 x150 ld		18.1 - 17.1
		1		
Wedgeworth	6-22-71	2 x 300 yd		34.7 13.5 - 237-34.9
Mc Manus		11		35,3 14.0 - 25.0 - 35.4
Hunter, P.		,,		34.7 139-24.2-34.9
Hunder, L.	6-22-7	ax300yd		36.7 14.0-25.0-37.1
Hughes, D		11		34.4 13.2 - 23.3 - 34.4
Harris		//		35.2 14.0 - 25.0 - 36.1
Brown,	10-22-71	3×300yd		37.6 14.6 - 26.0 - 38.5
	1 011 01	1. 178.1		, , , ,
Wedgeworth,	6-24-71	1x100yd		
Hughes,		//		11.6
The to anus,	6-24-71	1.100.1		
Hunter, P Hunter, L	6 47 11	1210092		117
Brown		11		12.3
Harris	6-24-71	1 x 100 vd		11.2
Harris	00111	1100 701		74 (4 (400)
Wedgeworth	6-24-71	2 x 300 xd		33.2-3/2-34.6-35.0
Huches	11	11		23:3-34.3 34:3-35.1
me manus	11	11		23.9 -35.3 25.3 -35.9
Hunter	11	11		23.5 - 34.3 24.5 - 35.7
Hunter, L	6-24-71	2 x 300 46		13.8 - 37.3 25.7 - 36.7
Harris	11	11		12.3 - 34.7 54.9 - 36.3
Boows				
	L. Barreller		and the same against	

I. - 1st station or part of 300 yd. Egoing into curved II. 2nd station or part of 300 yd. Ecoming owl of curved III. final 300 yd.

NAME A	DATE	DISTANCES	REST,	TIMES
Hughes	6/25/71	4X100-RELAY	18hin	III
Wedgeworth	72711	TAYOU HORIN	The factor	47.1
Render			THE RESERVE OF STREET	
DAVIS				and the second of the
- B.	13.5			
1. Hustel	6/25/71	11 0 11	JOhIN	48.8
MEMANUS	1 - 1 - 1			
HARRIS	150			
P. HUNIDER	- 1-1		20	The state of the s
	- 23		1	The state of the s
P. Hymoter A	6/25/71	11 11 11	10 min	47.1
Wedgeworth	and it			
Render				
DAVIS	skingson (* 155)			4 4
B	1/21			
1. HUNTER	6/25/71	11 11 11	20 MIN	48.2
Mª MANUS.				
E HARRIS			1	
Hughes				
Render A	6/25/71	11 11	Bhem	411
1999	0/25/11	11 11	(D) REVOL	10,4
Wedgeworth				
DAVIS				
B	6/25/71	11 11 11	11	47.9
L. HUNTEY	7-7			700
Mc Manus				
E. Aughes				
Hughes				

Hughes To Wegeworth. To STAT of Red Zowe, 11.3
Hughes To Wegeworth. To STAT of Red Zowe, 11.3
Huster To Wegeworth. To STAT of Red Zowe, 11.2
Huster To Wegeworth. To STAT of Red Zowe, 11.2-11.3
Pander To Wegeworth. To STAT of Red Zone, 11.2-11.3

NAME	DATE	DISTANCES	REST	TIMES
	6/26/71		- Mary	I II III
D Wedge worth	W	2X300	20 MIN	13.2 = 23.8, - 34.2
D Hughes		71 11	11 4	13.4-22.8 - 34.2
P HUNTERS	11	11 11	11 11	13.6 - 24.2 - 34.3
E HARRIS	11	11 1)	11 37	13.3 - 23.9 - 34.4
R. Mc MANUS	/1	12 11	11 11	13,5-24,4-35,2
1 HUNTER	11	11 K	4 11	133-246-365
				I II II
WEDGEWORTH	6/26/71	300		12.9 - 23.5 - 33.7*
Hughes	111 1)	11 11		128-23.1-33.6*
P HINTERS	11 11	11	11	12.8 - 13.0 - 33.5*
E HARRIS	11 11	11 11		13,3-23,9-34,8
R MCMANUS	11 11	11 11		13,9=24,6 - 35,2
L. HUNTER	11 11	1) (1		13.2- 24.2 - 35.8
	,			I II III
R. Mc MANUS	6-28-71	1 x 300	8)	13,4 - 238 - 34.6
L. HUNTER	"	1 x 300		13.8 - 24.8 - 36.2
E. HARRIS	//	1 × 300		13,0 - 24.0 - 35.0
	6-28-71		aMIN.	I II III
E HARRIS	11	1 X 300	71	13,5 - 24.5 35.8
L. HUNTER	11	1 × 300	11	13,8 - 25.0 36.7
Mc Manus	6-29-71	2 x 150		16,5 - 16,2 -
Wedgeworth	1)	1 x 150		/5.9- 墓
Hunter	11	2 × 150		16.2 - 16.2 -
Wedgeworth Hunter L. Hunter	6-29-71	2 x 150		16.5 - 16.4 -
Hughes	"	2 x 150		16.3-16.0-
Harris	"	2×150		16.1 -16.0 -

(1) 33,5 Under World Class
(2) 33,6 1033,9 - Good.
(3) 34,01035,0 - AUC.
(4) 35.0 order - plok.

NIA NATE	DATE	DISTANCES	I DECE	my cro
NAME	DATE	DISTANCES	REST	TIMES
Hughes Hunter, P	7-2-71	3 x 110 yds	-	11.2 - 10.9
Hunter, P	7-2-71	3 x 110 yds		11,2-11,4
		1		
Wedgeworth	7-2-71	1 x 300		13.0-23.3-33.9
Me manus	11	1 × 300		13.3 - 23.8 - 34.4
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	1000000			Control of the contro
me Manalile	7/1/171	440 VD		57.5
Me MANUS	17/201/21	150		15.9
12 11	7/2/1/21	150	16 harri	
11 11	112/11	150	16MIN	15.7
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### WORKOUT REMARKS

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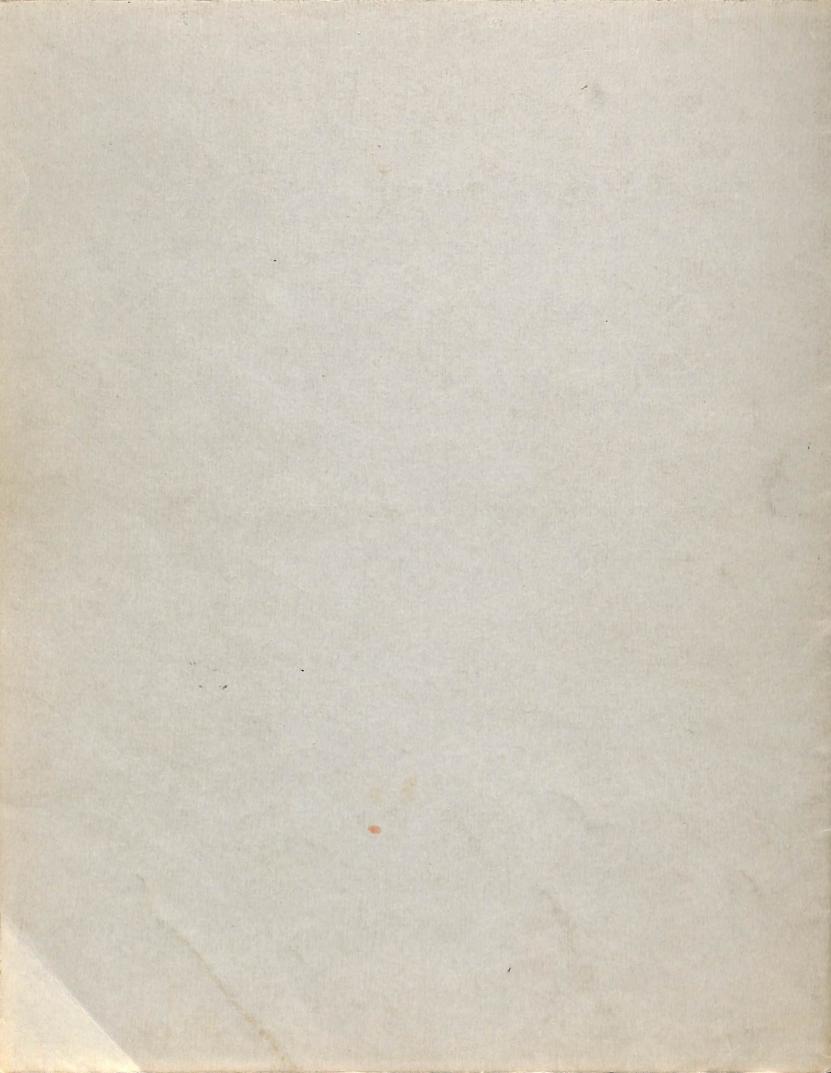
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