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Training Workout Log Book Summer 1969-1971

Edward S. Temple

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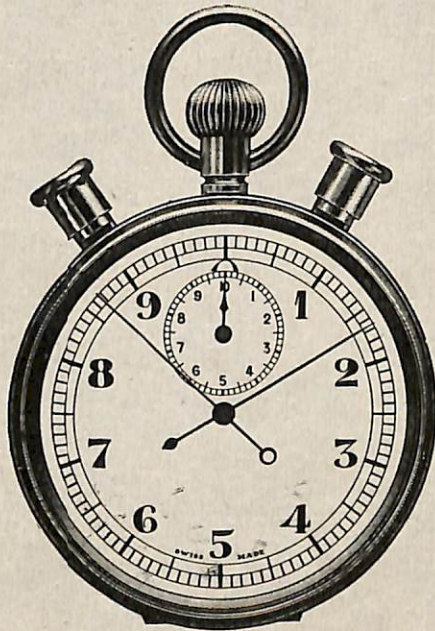


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SUMMER.



TRAINING WORK-OUT LOG BOOK



The Don Canham Co.
Ann Arbor, Michigan

~~1968~~
1969
1970
1971

NAME	DATE	DISTANCES	REST	TIMES
E. LEPS	MON NOV 10, 69	3 X 3/4 miles	15 min	3:21 - 3:22.5 - 3:19.1
E. LEPS	TUES 11th	6 X 440 yds	10 min	:60 - :61.1 - :62 - :60.5
E. LEPS	WED 12th	8 X 300 yds	5 min	ALL ABOUT :38 SEC.
E. LEPS	THURS 13th	10 X 220 yds	5	:28 SEC. EACH
E. LEPS	FRI. 14th	Light warm up	—	— no times
E. LEPS	SAT. 15th	3/4 MILE TRIAL	—	3.07.8.
E. LEPS	SUN 16th	LONG WALK	—	—
MARTIN-LEPS ARQUINO-HAYES	MON NOV 17	2 X 3/4 miles	15 min	3:17.2 - 3:16.5
SAME GROUP.	TUES NOV 18	2 X 660	10 min	1:25.3 - 1:25.6
SAME GROUP.	WED NOV 19	10 X 330'2	5 min	all about 40 sec.
SAME GROUP	THURS NOV 20	8 X 220	—	easy in times taken.

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.

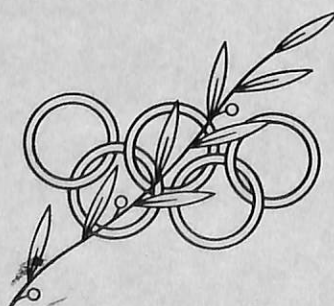
YOU CAN USE EACH LINE FOR AN INDIVIDUAL'S DAILY WORKOUT AS SHOWN ON THE FIRST SEVEN LINES ABOVE -- OR YOU CAN USE EACH LINE FOR GROUP WORKOUTS AS SHOWN ON THE LAST FOUR LINES.

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

DON CANHAM
TRACK COACH
UNIVERSITY OF MICHIGAN



NAME	DATE	DISTANCES	REST	TIMES
Hindsman, L.	6-16-69	1 X 300 yds		41:3
Johnson, N.	6-16-69	1 X 300 yds		39:3
Brown, G.	6-16-69	1 X 300 yds		41:4
Lowe, A.	6-16-69	1 X 300 yds		43:3
Hunter, L.	6-16-69	1 X 300 yds		38:3
Hunter, P.	6-16-69	1 X 300 yds		38:3
Kennedy, B.	6-16-69	1 X 300 yds		60:5
Corina	6-16-69	1 X 300 yds		42:0
Angela	6-16-69	1 X 300 yds		44:5
Brown, G.	6-19-69	3 X 200 yds		28:2, 28:1, 28:3
Hunter, P.	6-19-69	3 X 200 yds		26:5, 26:9, 28:1
Johnson, N.	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	3 X 200 yds		31:0, 33:2, 32:1
Corina	6-19-69	3 X 200 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 X 300 yds		46:0, 47:0, 47:4
Hindsman, L.	6-20-69	6 X 200 yds		30:9, 29:9, 31:1, 30:9, 29:7, 30:1
Lewis, C.	6-20-69	6 X 200 yds		32:8, 32:8, 36:7, 35:6, 37:0, 34:5
Hindsman, L.	6-26-69	1 X 440 yds		62.5
Hunter, L.	6-26-69	2 X 100 yds		11:2, 11:5
Johnson, N.	6-26-69	2 X 100 yds		11:4, 11:7
Lowe, A.	6-26-69	5 X 100 meters		7:7, 7:8, 7:4, 8:0, 7:7
Hunter, L.	6-26-69	2 X 200 yds		27:0, 29:6
Johnson, N.	6-26-69	2 X 200 yds		26:9, 27:6
Brown, G.	6-26-69	2 X 200 yds		29:6, 28:5

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES
Render, M.	6-26-69	2 X 50 yds		5:9, 6:10
Davis, I	6-26-69	3 X 50 yds		6:3, 6:1, 5:9
Hunter, P.	6-26-69	3 X 50 yds		6:4, 6:5, 6:2
Johnson, N.	6-26-69	1 X 50 yds		6:7
Hunter, L.	6-26-69	2 X 50 yds		6:3, 6:4
Lowe, A.	6-26-69	2 X 50 yds		6:3, 6:2
Render, M.	6-26-69	2 X 75 yds		8:5, 8:3
Davis, I	6-26-69	2 X 75 yds		8:2, 8:4
Hunter, L.	6-26-69	2 X 75 yds		9:2, 9:5

WORKOUT REMARKS

Summer 1970

NAME	DATE	DISTANCES	REST	TIMES
Smith, D	6-10-70	1 X 220		23.9
Brown, G	"	2 X 220		25.6 - 25.3
Watson, M	"	1 X 220		24.6
McManus, R	"	1 X 220		24.7
Hunter, P	"	1 X 220		24.7
Render, M	6-10-70	1 X 220		23.9
Lowe, A	"	2 X 220		25.2 - 25.1
Hunter, L	"	2 X 220		25.5 - 24.8
Solley, J	"	2 X 220		25.1 - 25.5
Hightower, G	6-10-70	2 X 220		26.1 - 26.9
Jackson, A	"	2 X 220		32.3 - 32.2
Waters, D	"	2 X 220		27.1 - 26.9
McManus, R	6-11-70	2 X 100		11.4 - 11.5
Solley, J		2 X 100		11.5 - 12.2
Brown, G		2 X 100		11.6 - 12.9
Lowe, A		2 X 100		12.0 - 11.8
Hunter, L		2 X 100		12.2 - 11.9
Hightower		2 X 100		12.4 - 12.5
Davis	6-19-70	2 X 100		10.8 - 10.5
Render		2 X 100		11.0 - 11.0
Smith		2 X 100		11.3 - 11.1
SOLLEY		2 X 100		11.4 - 11.8
McManus				11.3 - 11.6
Bayone				11.3 - 11.1
Hunter, P				11.4 - 11.5
BROWN		2 X 100		- 12.5
Hightower		2 X 100		12.3

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES
Lowe, A.	6-19-70	2 x 100		-11.6
Hunter, L.		2 x 100		-11.6
WATSON, M.		2 x 100		-11.6
Davis	6-19-70	2 x 220		25.2 - 24.2
Hunter, P.		2 x 220		25.5 - 25.0
Lowe.		"		27.5 - 27.1
Brown		"		27.6 - 27.8
Render		"		25.3 - 24.7
McManus		"		25.4 - 25.5
Bayne		"		27.1 -
Salley		"		27.6 = 26.9
Hunter, L.	6-19-70	440 relay	}	
WATSON				
RENDER				
SMITH				
DAVIS				48.5
		440 relay	}	
SALLEY				
HUNTER, L.				
HIGHTOWER				
McMANUS				50.2
	6-19-70	HIGH JUMP		
CHEESEBOROUGH				5'8"-5'2"-5'4"
WATERS				5'0"
	6-19-70	LONG-JUMP		
SMITH				17'8"-18'6"-18'8"
HIGHTOWER				17'0"-17'3"-X

WORKOUT REMARKS

X = scratch

NAME	DATE	DISTANCES	REST	TIMES
SALLEY				X - 16'5" - 17'7"
WATSON				17'1" - 16'4" - X
		LONG JUMP		
SMITH				X - 18'6 ¹ / ₂ " - X
HIGHTOWER				X - 17'1 ¹ / ₂ " - X
SALLEY				17'2 ¹ / ₈ " - 17'4 ¹ / ₈ " - 17'8 ¹ / ₈ "
WATSON				17'6 ³ / ₄ " - 17'2" - 16'5"

WORKOUT REMARKS

SUMMER 1971

NAME	DATE	DISTANCES	REST	TIMES

WORKOUT REMARKS

Empty box for workout remarks.

NAME	DATE	DISTANCES	REST	TIMES
	6-8-71	2 x 150 yds	2:30 PM	
Hughes, D.		2 x 150 yds		16.0 - 16.0
Wedgeworth, D		" "		16.0 - 16.0
McManus, R		2 x 150 yds		16.1 - 16.4
Hunter, L		" "		16.7 - 16.9
Lowe, P		2 x 150 yd		17.8 17.9 [flats]
Hughes	6-10-71	2 x 150 yd	6:00 AM	16.3 - 16.4
Wedgeworth	"			17.2 - 16.3
McManus	"			16.7 - 16.6
Hunter, P	6-10-71	3 x 150 yd		16.4 - 16.6
Hunter L	"			17.0 - 17.2
Lowe, A	"			17.9 - 17.9
Hunter, P	6-12-71	1 x 150 yd	2:30 PM	16.6
Wedgeworth	"			16.4
Hunter, L	"			16.8
Hughes	6-12-71	1 x 150 yd		16.4
McManus	"			16.8
Harris	"			16.3
DAVIS	6-15-71	2 x 150 yd	9:00 AM	15.5
RENDER	"			16.1 15.5
Hunter	"			17.0 15.9
Hughes	6-15-71	2 x 150 yd		16.5 16.2
Wedgeworth	"			16.2 15.9
Smith	"			16.9 16.4
Harris	6-15-71	2 x 150 yd		16.5 16.1
McManus	"			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 - poor

NAME	DATE	DISTANCES	REST	TIMES

NAME	DATE	DISTANCES	REST	TIMES

WORKOUT REMARKS

Blank area for writing workout remarks.

WORKOUT REMARKS

Blank area for writing workout remarks.

NAME	DATE	DISTANCES	REST	TIMES

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES

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WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES

WORKOUT REMARKS

300 yds.

Saturday 9:00

6-26-71

D. Wedgeworth	13.2	23.8	34.2
D. Hughes	13.4	23.8	34.2
P. Hunter	13.6	24.2	34.3
E. Harris	13.3	23.9	34.4
R. McManus	13.5	24.4	35.2
L. Hunter	13.3	24.6	36.5

20 min rest

I

II

III

300 yd

6-26-71

Wedgeworth	12.9	23.5	33.7	*
Hughes	12.8	23.1	33.6	*
Hunter	12.8	23.0	33.5	*
Harris	13.3	23.9	34.8	
McManus	13.9	24.6	35.2	
L. Hunter	13.2	24.2	35.8	

7/2/71

Hughes	11.0	10.9	11.1	11.1	Together
Hunter	11.2	11.4	11.8	11.7	

Wedge	33.9	13.0	23.3
	34.4	13.3	23.8

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