#### **Tennessee State University**

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Temple Training Workout Log Books

Edward S. Temple Collection

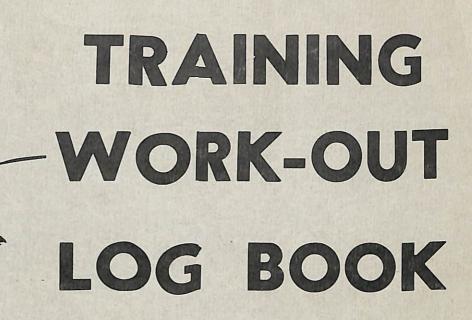
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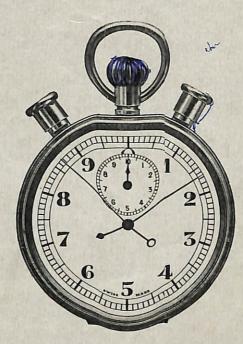
# Training Workout Log Book Indoor 1974-1975

Edward S. Temple

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Indoor Time

The Don Canham Co.

Ann Arbor, Michigan

		attern to see the selection was well	C. S. BARSTON STREET	
NAME	DATE	DISTANCES	REST	TIMES
E. LEPS	MONNOV 10,61	3 X 34 milles	15 min	3:21-3:22.5 - 3:19.1
E. LEPS	TUES ILAK	6 × 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	ICX 220 YDS	5	:28 SEC. EACH
E LEPS	FR1. 14 TH	Light we	arm up	- ni timie
E.LEPS .	SAT. 15TH	34 MILE TRIAL	- 1	3.07.8
E. LEPS	SUN 16 TH	LONG WALK		
MARTIN-LEPS AQUINO-HAYES	NONNOVIT	2×34 miles	15 min	3:17,2 - 3:16.5
SAME GROUP.	TUESNOV 18	2 × 660	10 min	1:25.3 - 1:25.6
SAME GROUP.	WED NEU 19	10 × 330's	5 min	all about 40 sec.
SAME GROUP	THURS NOV 20	8 X 220		Eacy me 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 COM-PARISONS, ETC.

GOOD LUCK, Alon lan

DON CANHAM TRACK COACH UNIVERSITY OF MICHIGAN



NAME	DATE	DISTANCES	REST	TIMES
Ballew, Sherry	117/74	440 Yards	Summer Charles to	29.6/65.5
Choates, Sheila	"	"	- marile - and	ac. 158.2 *
Harnia, Lisa	"	1	and a start of the second	29.2/12.2.
Hughes, Dianes	"	"		27.259.8 X
Kirk, Sharon	11	"	the second second	<sup>27-2</sup> /59.8 <del>*</del> <sup>28.7</sup> /65.5
Montgomery, Theresa	"	"		27.158.5 X
Rallins, Mamie	"	"		29.2/62.7 *
Smith, Judith	11	"		29.0/60.0
Willis, Karen	"	4		28.9/62.5
in all starts and all shares				2. The second seco
Ballew, Sherry	1/8/74	440 yordo		26.4/64.5
Harris, Lisa		"		26.0/5-9.9 th
Kirk, Sharon	11	11		28.0/62.8 t
Willis, Karen	11	4		27.6/117
Ballew, Sherry	1/9/74	440 yardo		29.4/63.8
Karen, Willis		"		29.4/63.8 37.9/61.2.
Ballew, Sherry	1/14/74	440 yards		08.0/14.5
Willis, Karen	"	*		28.2/62.0
	Star Martin			Manual Contraction of the second
Choates, Sheila	119/74	FLYING 755		8.2 8.2 1 8.5 18.7 9.2 9.2 AVE-9.6
Harris, Lisa	""	"		8.4/8.8 8.5 8.5 8.6 8.7 AVE-8.5
Hughes Diane	11	"		8.0/8.2/8.3/8.3/8.7/8.9/AVE-8.4
Yontgomeny, Therea	11	"		2.8/7.8/8.0/8.0/8.2/8.4/AUE-8.0
Rattins, Mamie	4	"		8.2/8.2/8.5/8.4/87/8.6/AVE-84
	1/9/74	220'5		27.5 /29.4/38.8/29.5
				30. 2/29.9/30.8/30.8/AUE29.6

440'5

Hurdless - under 63.0

Sprinter - Under 60.0 Distance - wader 58.0

2203 - under 30

Sunny Indoor Season

Z. NAME	DATE	DISTANCES	REST	TIMES
Hughes, Diane	1/11/74	50 yards		6.2
Harris Lisa	4	"		6,3
	1			
Rallins, Mamie	"	4		61
Ballow, Sherry	"	"		
Willis, Karen	"	"		6.3
Smith, Judy	"	"	E. A. 1. 14	PracticING STANDING STAKTS-NT
Montgomery, Theresa Choates, Sheila.	"	*		6.1
	"	"		6.3
II.		"		
Rallins, M.	4	"		6,1
Hughes, D.	"	"		6.2
11	4			
Harris L.	"	+		6.4
Ballew, 5.				6.2
N. Lun T.		"	and the second	
Montgomery, T. Willis, K	"	1		5.9
WIII), K				6.5
Hughar D	"	"		6.2
Hughes, D. Choates, S.	"	+		6.3
				Q15
Smith, J				Standing Start - NIT
Harris, L.	"	"		Standing Start -NT 6.4
		and the first of the		
Willis, K.	"	"		6.4
Ballew, S.	"	"		6.2

NAME	DATE	DIS
Rallins, M.	1/11/74	0
Montgomery, T.	"	
TT.		
Ballew, S.	"	
Hughes, D	11	
y		
Choates S.	1	
Balley, 5.	"	
Smith J	1	
Montgomery	"	
T.		
Willis, K.	4	
Hughes, D	1.	
J .		
Rallins M.	"	
Harris, L.	r	4
Montgomery, T	4	
Ballen, S.	4	-
Hughes, D.	"	
Smith, J.	1	"
VI		
Choates S.	-1	
Chrates, S. Rallins, M.	"	4

STANCES	REST	TIMES
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50 yards	and the second	6.0
		6.0
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		6.4 6.4
		6.4
4	and the particular	
v		6.3
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4		17
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"		1.5
"		6.5 6.5
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"		6.2
-		6-5
9 #		6.2
~		6.5
11		
"		6.3 NT
"		NT
4		
4 1/		6.3.
		6.1

NAME	DATE	DISTANCES	REST	TIMES
Harris, L.	1/11/74	50 yards		6.4
Willis, K.	1	+		6.5
Smith, J. Ballew, S.	4	4		NT
Ballew, S.	4	"		6.4
Huches, N.	"	"		6.4
Montgomery, T.	"	"		6.0
DIT.				
Hughes, B. Montgomery, T. DII. Rallins, M.	"	"		6.1
Willis K.	"	11		6.5
Choates, S. Harris, L	11	4		6.3
Harris, L	"	"		6.5
Montgomeny, T	"	"		6.2
Montgomeny, T Harris, L. VIII.	"	1		6.5
VIII.				
Rallins, M	4	4		6-2
Smith, J.	v	"		NT
		1		
Choates, S.	1	4		6.3
Willis, K.	"	1.		6.5
Choates, S. Smith, J.	11			6.5
Smith, J.	"	1		INT.
				260/
Ballew, S. Willis, K.	1/14/74	440 yards		28.0/64.5 28.2/62.0
Willis, K.	4	"		an. a/ 62.0

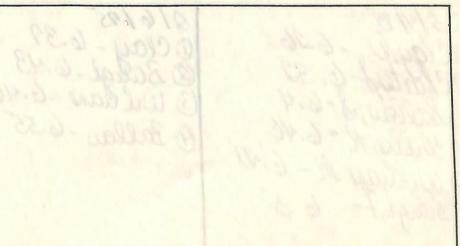
NAME	DATE	DISTANCES	REST	TIMES
Harris, L.	1114/74	150 yards		18.2/17.7/18.5
Choates, 5	1	"		17.7/17.8/19.0
	4	-1		16.2/17.7/18.4
Montgomery, T	11	4		16.9/17.4/18.7
Hughes, D Montgomeny, T Rallins	V	"		18.7 18.8 18.5 68.5 1:44.5 - 11.0/1:47.5
Smith, J.	1/14/74	660yds		68.5/1:44.5 - 71.0/1:47.5
Smith, J.	1/14/74	660yds. 220 yrids		28.0/28.0/28.4/29.4
I.				
Harris L.	50 1/15/74	50 yalds Indan		6.4
Hughes D.	11	10	San Maria	6.14
Choates, S.	"	"		- 6.1
Montgomery, T.	"	"		6.0
Rallins, M.	"	1		6.1
Hughes, D II.	11	"	ngh and a	6.0
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Harris, L.	"	"	The state of the	6.2
Choates S.	"	"		6.1
11		and the second states		
Montgomery, T.	4	"		6-0
Hughes, D.	"	11		6.2
2				
Rallins M. Harris, L.	"	4	-	6.1
Harris, L.	"	"		6.1
TT				
TTT Choates, S. Hughes, D.	11.	1		6.2
Hughes, D.	"	"		6.3
0				

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NAME	DATE	DISTANCES	REST	TIMES
Rallins, M.	1/15/74	504. Indoor		6.3
Choates, S.	11	11		6.3
Montgomery, T. Harris, L. TV. Montgomery, T. Rallins, M.	4	1		6.1
Harris, L.	11	v		6.3
TV.		and the states	S. P. S. S.	
Montgomery, T.	11	1		6.1
Rallins, M.	"	"		6.1
and the standing of the			h . A . with	
Rallins, M.	1115/74	304.T.		3.5 3.7 3.7 3.5 03.7 3.6 03.6
Harris, L.	"	4		@ 13 @ 8 0 0 3.63.43.73.73.63.63.6 0 0 0 0 0 0 0 0 0
Hughes, D.	1	" "		3.6 3.7 3.7 3.7 3.7 3.6 3.6 3.6 3.6 3.8 3.8 4 3.5 3.5 3.6 3.5 3.4 3.5 3.4 3.3 3.4 3.48 3.1 3.3 3.3 3.3 3.3 3.3 3.4
Harris, L. Hughes, D. Montgomery, T. Choates, S.	+		A Contraction	3.48 / 3.1 / 3.3 / 3.3 / 3.3 / 3.3 / 3.4 (5) / (0) / (0) / (5) /
Choates, J.	4	1	Change and	3.6 3.4 3.4 3.5 3.6 3.5 PISQ.
Dell . C	1-1-10-1	Illiall Deck		26.3 / 4
Ballew, S.	1/15/24	4404. Outdoors		26.3/63.6 *
Willis			in the second	161.5
Smill T	1/12/24	160 Q Dutlan.		31.8/170 / 1200
Smith, J. Chogtes, S.	1/17/74	660 4 Outloos		31.8/67.0 / 1: 39.9 33.968.0 / 1: 45.0
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Charles and the second				
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Ballew, d.	8/4/25	30yds
Cloates S.	n	61
Williamy M	11	11
Clay, W.	11	11
11.00.1	11	11
Range T	11	11
energy, j.		
Smith Q.	1100	Standia
10	6.5	
Choater S.	11	11
Clay D.	10	11
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Williams, M.	11	11
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7 10 0	· 6.6.	
Kalley d.	(1	('
Kaugh T.	11	"
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- Willia K	11	11
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Dalley J.	11	ø
Welleam, M	11	11
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	11	6.4
cling Statt	11	6.7
	15	and a start of the start of the start
	Carl Marken	6.4
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ndig Start	1	6.7
	15	6.4
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Real Land		6.5
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NAME	DATE	DISTANCES	REST	TIMES
Moates &	2/4/15	304 ds indage	Sinner	6.2
Paugh T.	<i>cl</i>	11		6.4
Clay D.	11	11		6.2
Balley S.	11	11	man	6.7
(11.0.0				
Delleans M	11	1	11	6.4
Jaligh T.	11	11		6.4
(1), 0 Doit 1)	(1)	11	N. K.	6.5
Chicites, 2	11	/1	deal year	6.5
Children (S)	1.0	1		
Baugh, T	14	(1	1.1.1	6.8
Clay, D	11	11		6.3
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Balleev S.	il .	11	1	6.4
Ville, R	1	11		6.4
2 d a la la	1		11	
hoater d.	11	11		6.4
Julliand, M	01			6.6.
Paulo	216145	Dyds malins	the state of the s	10:3
Balley S.	<i>i</i> (	11		6.6
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Villians, M.		11 7.	n	6.4
Saugh,T	. 11	11		6.11
0	6.2			
Villians, M	11	11		613
Clay D.	11	11		6.4

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Paugh T.	216/15	30vd
Clay D	11	11
Willeamy M.	(1	11
Ballew, A.	11	11
Baugh T.	( 1	(1
Clay D.	11	11
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Charter d.	11	11
Smith Q.	11	, (
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Willie K.	11	11
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Callens, M	2/11/25	11
Balley S	71	
	AL 212	300
Collie K.	2/17/25	11
Simully.	.1	11
Welleand, M.		11 (1
Choate, J.	17	WORKOU
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WORKOUT REMARKS

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Ballew, S-6.4 Willis, K = 6.46 William M-6.48 Baugh, F- 6.5

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Q16/25 O Clay - 6,37 @ Ballak - 6,43 (3 Williams - 6,46 @ Ballaw - 6.55

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Judans		6.5
		10.5
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		6.4
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attindas		3.5, 3.5, 3.5, 3.6
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#### WORKOUT REMARKS

#### WORKOUT REMARKS

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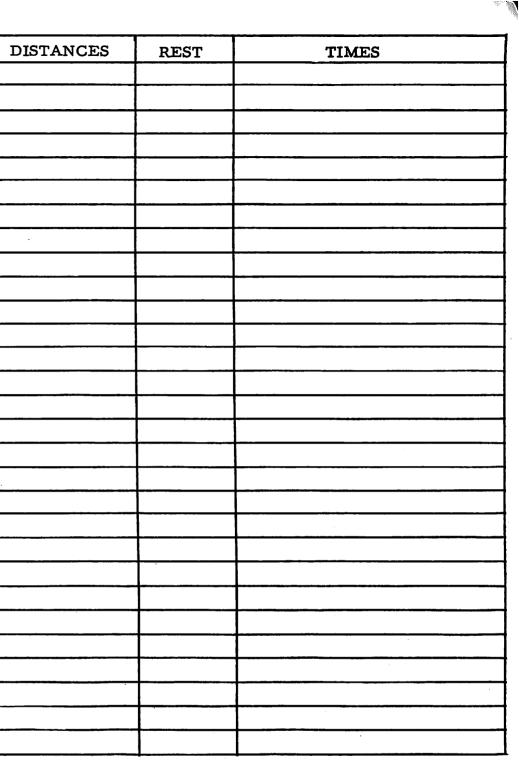
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