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Training Workout Log Book Indoor 1974-1975

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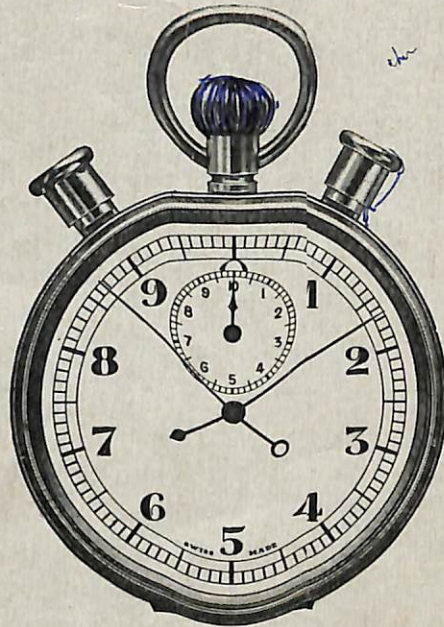
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TRAINING WORK-OUT LOG BOOK



*Indoor
Time*



The Don Canham Co.
Ann Arbor, Michigan

NAME	DATE	DISTANCES	REST	TIMES
E. LEPS	MON NOV 10, 61	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 timer
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's	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.

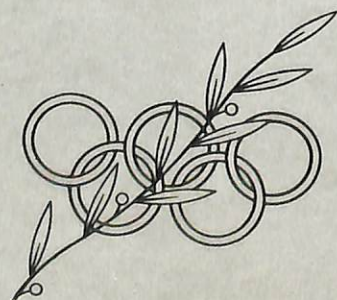
YOU CAN USE EACH LINE FOR AN INDIVIDUAL'S DAILY WORKOUT AS SHOWN ON THE FIRST SEVEN LINES ABOVE -- OR YOU CAN USE EACH LINE FOR GROUP WORKOUTS AS SHOWN ON THE LAST FOUR LINES.

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
Ballew, Sherry	1/7/74	440 Yards		29.6/65.5
Choates, Sheila	"	"		26.9/58.2 *
Harris, Lisa	"	"		29.2/62.2
Hughes, Diane	"	"		27.2/59.8 *
Kirk, Sharon	"	"		28.7/65.5
Montgomery, Theresa	"	"		27.7/58.5 *
Rallins, Mamie	"	"		29.2/62.7 *
Smith, Judith	"	"		29.0/60.0
Willis, Karen	"	"		28.9/62.5
Ballew, Sherry	1/8/74	440 yards		26.4/64.5
Harris, Lisa	"	"		26.0/59.9 *
Kirk, Sharon	"	"		28.0/62.8 *
Willis, Karen	"	"		27.6/61.7
Ballew, Sherry	1/9/74	440 yards		29.4/63.8
Karen, Willis	"	"		27.9/61.2
Ballew, Sherry	1/14/74	440 yards		28.0/64.5
Willis, Karen	"	"		28.2/62.0
Choates, Sheila	1/9/74	FLYING 75's		8.2/8.2/8.5/8.7/9.2/9.2/AVE-8.6
Harris, Lisa	"	"		8.4/8.8/8.5/8.5/8.6/8.7/AVE-8.5
Hughes, Diane	"	"		8.0/8.2/8.3/8.3/8.7/8.9/AVE-8.4
Montgomery, Theresa	"	"		7.8/7.8/8.0/8.0/8.2/8.4/AVE-8.0
Rallins, Mamie	"	"		8.2/8.2/8.5/8.4/8.7/8.6/AVE-8.4
Smith, Judith	1/9/74	220's		27.5/29.4/28.8/29.5
				30.2/29.9/30.8/30.8/AVE-29.6

WORKOUT REMARKS

440's → Sunny Indoor Season
Hurdles - under 63.0
Sprinters - under 60.0
Distance - under 58.0
220's - under 30

I. NAME	DATE	DISTANCES	REST	TIMES
Hughes, Diane	1/11/74	50 yards		6.2
Harris, Lisa	"	"		6.3
	"	"		
Rallins, Mamie	"	"		6.1
Ballew, Sherry	"	"		
Willis, Karen	"	"		6.3
Smith, Judy	"	"		Practicing Standing Starts - NT
Montgomery, Theresa	"	"		6.1
Choates, Sheila	"	"		6.3
II.				
Rallins, M.	"	"		6.1
Hughes, D.	"	"		6.2
Harris, L.	"	"		6.4
Ballew, S.	"	"		6.2
Montgomery, T.	"	"		5.9
Willis, K.	"	"		6.5
Hughes, D.	"	"		6.2
Choates, S.	"	"		6.3
III.				
Smith, J.	"	"		Standing Start - NT
Harris, L.	"	"		6.4
Willis, K.	"	"		6.4
Ballew, S.	"	"		6.2

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES
Rallins, M.	1/11/74	50 Yards		6.0
Montgomery, T.	"	"		6.0
IV.				
Ballew, S.	"	"		6.4
Hughes, D.	"	"		6.4
Choates, S.	"	"		6.2
Ballew, S.	"	"		6.3
Smith, J.	"	"		NT.
Montgomery	"	"		6.0
V.				
Willis, K.	"	"		6.5
Hughes, D.	"	"		6.5
Rallins, M.	"	"		6.2
Harris, L.	"	"		6.5
Montgomery, T.	"	"		6.2
Ballew, S.	"	"		6.5
Hughes, D.	"	"		6.3
Smith, J.	"	"		NT
VI.				
Choates, S.	"	"		6.3
Rallins, M.	"	"		6.1

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES
Harris, L.	1/11/74	50 yards		6.4
Willis, K.	"	"		6.5
Smith, J.	"	"		NT
Ballew, S.	"	"		6.4
Hughes, D.	"	"		6.4
Montgomery, T.	"	"		6.0
<u>II</u>				
Rallins, M.	"	"		6.1
Willis, K.	"	"		6.5
Choates, S.	"	"		6.3
Harris, L.	"	"		6.5
Montgomery, T.	"	"		6.2
Harris, L.	"	"		6.5
<u>III</u>				
Rallins, M.	"	"		6.2
Smith, J.	"	"		NT
Choates, S.	"	"		6.3
Willis, K.	"	"		6.5
Choates, S.	"	"		6.5
Smith, J.	"	"		NT.
Ballew, S.	1/14/74	440 yards		28.0/64.5
Willis, K.	"	"		28.2/62.0

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES
Harris, L.	1/14/74	150 yards		18.2/17.7/18.5
Choates, S.	"	"		17.7/17.8/19.0
Hughes, D.	"	"		16.2/17.7/18.4
Montgomery, T.	"	"		16.9/17.4/18.7
Rallins	"	"		18.7/18.8/18.5
Smith, J.	1/14/74	660 yds		68.5/1:44.5 - 1:47.5
Smith, J.	1/14/74	220 yards		28.0/28.0/28.4/29.4
<u>I.</u>				
Harris, L.	1/14/74 1/15/74	50 yards Indoor		6.4
Hughes, D.	"	"		6.14
Choates, S.	"	"		6.1
Montgomery, T.	"	"		6.0
Rallins, M.	"	"		6.1
Hughes, D.	"	"		6.0
<u>II.</u>				
Harris, L.	"	"		6.2
Choates, S.	"	"		6.1
Montgomery, T.	"	"		6.0
Hughes, D.	"	"		6.2
Rallins, M.	"	"		6.1
Harris, L.	"	"		6.1
<u>III</u>				
Choates, S.	"	"		6.2
Hughes, D.	"	"		6.3

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES
Rallins, M.	1/15/74	504. Indoor		6.3
Choates, S.	"	"		6.3
Montgomery, T.	"	"		6.1
Harris, L.	"	"		6.3
IV.				
Montgomery, T.	"	"		6.1
Rallins, M.	"	"		6.1
Rallins, M.	1/15/74	304. I.		3.5 ^① /3.7 ^② /3.7 ^③ /3.5 ^④ /3.7 ^⑤ /3.6 ^⑥ /3.6 ^⑦
Harris, L.	"	"		3.6 ^① /3.4 ^② /3.7 ^③ /3.7 ^④ /3.6 ^⑤ /3.6 ^⑥ /3.5 ^⑦
Hughes, D.	"	"		3.5 ^① /3.5 ^② /3.6 ^③ /3.5 ^④ /3.4 ^⑤ /3.3 ^⑥ /3.4 ^⑦
Montgomery, T.	"	"		3.48 ^① /3.1 ^② /3.3 ^③ /3.3 ^④ /3.3 ^⑤ /3.3 ^⑥ /3.4 ^⑦
Choates, S.	"	"		3.6 ^① /3.4 ^② /3.4 ^③ /3.5 ^④ /3.6 ^⑤ /3.5 ^⑥ /DISQ.
Ballew, S.	1/15/74	4404. Outdoor		26.3/63.0 *
Willis	"	"		27.2/61.5
Smith, J.	1/17/74	6604 Outdoor		31.8/67.0 / 1:39.9
Choates, S.	"	"		33.9/68.0 / 1:45.0

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES
Ballew, S.	2/4/75	50yds Indoor		6.4
Choates, S.	"	"		6.1(R) 6.4
William, M.	"	"		6.5
Clay, D.	"	"		6.3
Willis, K.	"	"		6.4
Baugh, T.	"	"		6.4
Smith, J.	"	Standing Start		6.7
Choates, S.	"	"		6.4
Clay, D.	"	"		6.2
Smith, J.	"	Standing Start		6.7
Ballew, S.	"	"		6.4
William, M.	"	"		6.4
Willis, K.	"	"		6.4
Ballew, S.	"	"		6.4
Baugh, T.	"	"		6.5
Willis, K.	"	"		6.4
Clay, D.	"	"		6.3
Ballew, S.	"	"		6.5
William, M.	"	"		6.5

WORKOUT REMARKS

NAME	DATE	DISTANCES	REST	TIMES
Choates, J	2/4/75	50yds indoor		6.2
Baugh, T	"	"		6.4
Clay, D.	"	"		6.2
Ballew, J.	"	"		6.7
Williams, M	"	"		6.4
Baugh, T.	"	"		6.4
Willis, K.	"	"		6.5
Choates, J	"	"		6.5
Baugh, T	"	"		6.8
Clay, D	"	"		6.3
Ballew, J.	"	"		6.4
Willis, K	"	"		6.4
Choates, J.	"	"		6.4
Williams, M	"	"		6.6.
Clay, D.	2/6/75	50yds meters		6.3
Ballew, J.	"	"		6.6
Williams, M.	"	"		6.4
Baugh, T	"	"		6.4
Williams, M	"	"		6.5
Clay D.	"	"		6.4

WORKOUT REMARKS

2/4/75	2/6/75
1 Clay, D. - 6.26	1 Clay - 6.37
2 Choates, J - 6.32	2 Baugh - 6.43
3 Ballew, J. - 6.4	3 Williams - 6.46
4 Willis, K - 6.46	4 Ballew - 6.55
5 Williams M - 6.48	
6 Baugh, T - 6.5	

NAME	DATE	DISTANCES	REST	TIMES
Baugh, T.	2/6/75	50yds indoors		6.5
Clay, D	"	"		6.5
Williams, M.	"	"		6.5
Ballew, J.	"	"		6.5
Baugh T.	"	"		6.4
Clay, D.	"	"		6.3
Clay D.	2/11/75	midcourt (indoor)		3.5, 3.5, 3.5, 3.6
Williams, M.	"	"		3.6, 3.6, 3.6, 3.6
Baugh, T.	"	"		3.6, 3.6, 3.6, 3.6
Clay, D.	2/11/75	BLACK LINE (indoor)		2.5, 2.5, 2.5, 2.5
Baugh, T.	"	"		2.6, 2.6, 2.6, 2.6
Clay, D.	2/11/75	WHITE LINE (indoor)		1.6, 1.6, 1.6
Baugh, T.	"	"		1.8, 1.8, 1.7
	2/17/75	outdoors 60°		
		440 yds		
Choates, J.	"	"		36.2 / 55.1
Smith, J.	"	"		58.0
Williams, M.	"	"		57.2
Willis, K.	"	"		58.5
		50yd. Hurdles		
Pallins, M.	2/17/75	"		7.0, 7.0, 6.9
Ballew, J.	"	"		7.5, 7.5, 7.5
		300 yds		
Willis, K.	2/17/75	"		26.5 / 35.7
Smith, J.	"	"		26.5 / 36.7
Williams, M.	"	"		25.8 / 35.4
Choates, J.	"	"		27 / 34.5 25.0

WORKOUT REMARKS

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