**Workout Log**  
**Sprinter Workout – 1**

**Day: Date: Time:**

**Cardio Today? Yes No Exercise:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10".

**Abdominal Workout:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **EXERCISE** | **Set #1** | **Set #2** | **Set #3** |  |  |
| **Balanced Squats - 20 Reps** |  |  |  |  |  |
| **Balanced Calf Raises – (10 Reps sets Mar.) (8 Reps Apr.)** |  |  |  |  |  |
| **Straight-Leg Dead lift – same** |  |  |  |  |  |
| **Leg Curls – same** |  |  |  |  |  |
| **Leg Extension— same** |  |  |  |  |  |
| **Dumbbell Lunges/Jumping Lunges – same** |  |  |  |  |  |
| **Real Runner- Phase I (March) Phase II (April)** |  |  |  |  |  |

**TRAINING, NUTRITION & SUPPLEMENT NOTES (Sleep/Stress/Meals):**

**SLEEP (Hrs.) : <6 < 7 < 8 < 9 <10 +**

**STRESS: LOW NORMAL HIGH INTENSE**

**Explanation:**

**Yesterday’s Supper:**

**Today’s Breakfast:**

**Today’s Lunch:**

**On my honor, I completed this workout in its entirety. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Today’s Honest Effort: <70% 80% 90% 100%**

**Weight Supervisor’s Initials: \_\_\_\_\_\_\_\_\_\_**

**Workout Log**

**Sprinter Workout – 2**

**Day: Date: Time:**

**Cardio Today? Yes No Exercise:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10".

**Abdominal/Plys Workout:**

|  |  |  |
| --- | --- | --- |
| **EXERCISE** | **Set #1** | **Set #2** |
| **Dumbbell bench press – 10/8 Reps** |  |  |
| **Dumbbell military press – 10/8 Reps** |  |  |
| **Dumbbell Shrugs- 10/8 Reps** |  |  |
| **Dumbbell Running – 20/30 Sec.** |  |  |
| **Dumbbell/Rope Triceps Exten. – 10/8 Reps** |  |  |
| **Dumbbell Bicep Curl – 10/8 Reps** |  |  |
| **Lat Pull downs – 10/8 Reps** |  |  |

**TRAINING, NUTRITION & SUPPLEMENT NOTES (Sleep/Stress/Meals):**

**SLEEP (Hrs.) : <6 < 7 < 8 < 9 <10 +**

**STRESS: LOW NORMAL HIGH INTENSE**

**Explanation:**

**Yesterday’s Supper:**

**Today’s Breakfast:**

**Today’s Lunch:**

**On my honor, I completed this workout in its entirety. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Today’s Honest Effort: <70% 80% 90% 100%**

**Weight Supervisor’s Initials: \_\_\_\_\_\_\_\_\_\_**

**Workout Log**  
**Sprinter Workout – 3**

**Day: Date: Time:**

**Cardio Today? Yes No Exercise:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10".

**Abdominal Workout:**

|  |  |  |  |
| --- | --- | --- | --- |
| **EXERCISE** | **Set #1** | **Set #2** | **Set #3** |
| **Seated Calf Raises – 10 Reps** |  |  |  |
| **Incline Press - 10 Reps** |  |  |  |
| **Power cleans - 10 Reps** |  |  |  |
| **Box/Single-Leg Squat – 10 Reps** |  |  |  |
| **Real Runner – (Phase I-Mar) (Phase II-Apr)** |  |  |  |
| **Back—15 Reps** |  |  |  |
| **Dead Lift—10 Reps** |  |  |  |

**TRAINING, NUTRITION & SUPPLEMENT NOTES (Sleep/Stress/Meals):**

**SLEEP (Hrs.) : <6 < 7 < 8 < 9 <10 +**

**STRESS: LOW NORMAL HIGH INTENSE**

**Explanation:**

**Yesterday’s Supper:**

**Today’s Breakfast:**

**Today’s Lunch:**

**On my honor, I completed this workout in its entirety. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Today’s Honest Effort: <70% 80% 90% 100%**

**Weight Supervisor’s Initials: \_\_\_\_\_\_\_\_\_\_**