

# WORKOUT LOG

<b>DATE:</b>	<b>ATHLETE NAME:</b>			<b>PARENT SIGNATURE:</b>		
Set #1	___ Pushups	___ Walking Lunges	___ Squat Jumps	___ Planks	___ Fast Lap(s)	Walk ___ Lap(s)
Set #2	___ Burpees	___ Wide Leg Squats	___ Split Squat Jumps	___ Side Planks (One Side)	___ Fast Lap(s)	Walk ___ Lap(s)
Set #3	___ Mountain Climbers	___ Back Lunges	___ Air Squats	___ Side Planks (other side)	___ Fast Lap(s)	Walk ___ Lap(s)
<b>START TIME:</b> _____			<b>FINISH TIME:</b> _____			

<b>DATE:</b>	<b>ATHLETE NAME:</b>			<b>PARENT SIGNATURE:</b>		
Set #1	___ Pushups	___ Walking Lunges	___ Squat Jumps	___ Planks	___ Fast Lap(s)	Walk ___ Lap(s)
Set #2	___ Burpees	___ Wide Leg Squats	___ Split Squat Jumps	___ Side Planks (One Side)	___ Fast Lap(s)	Walk ___ Lap(s)
Set #3	___ Mountain Climbers	___ Back Lunges	___ Air Squats	___ Side Planks (other side)	___ Fast Lap(s)	Walk ___ Lap(s)
<b>START TIME:</b> _____			<b>FINISH TIME:</b> _____			

<b>DATE:</b>	<b>ATHLETE NAME:</b>			<b>PARENT SIGNATURE:</b>		
Set #1	___ Pushups	___ Walking Lunges	___ Squat Jumps	___ Planks	___ Fast Lap(s)	Walk ___ Lap(s)
Set #2	___ Burpees	___ Wide Leg Squats	___ Split Squat Jumps	___ Side Planks (One Side)	___ Fast Lap(s)	Walk ___ Lap(s)
Set #3	___ Mountain Climbers	___ Back Lunges	___ Air Squats	___ Side Planks (other side)	___ Fast Lap(s)	Walk ___ Lap(s)
<b>START TIME:</b> _____			<b>FINISH TIME:</b> _____			

<b>DATE:</b>	<b>ATHLETE NAME:</b>			<b>PARENT SIGNATURE:</b>		
Set #1	___ Pushups	___ Walking Lunges	___ Squat Jumps	___ Planks	___ Fast Lap(s)	Walk ___ Lap(s)
Set #2	___ Burpees	___ Wide Leg Squats	___ Split Squat Jumps	___ Side Planks (One Side)	___ Fast Lap(s)	Walk ___ Lap(s)
Set #3	___ Mountain Climbers	___ Back Lunges	___ Air Squats	___ Side Planks (other side)	___ Fast Lap(s)	Walk ___ Lap(s)
<b>START TIME:</b> _____			<b>FINISH TIME:</b> _____			

**DAY #5 CHOOSE AN EVENT:**

SPRINTS	MIDDLE DISTANCE	LONG DISTANCE	HURDLES	RELAYS
100M	800M	3000M	100M	4X100M
200M	1500M	_____	200M	4X200M
400M	_____	_____	400M	4X400M

**OTHER:** \_\_\_\_\_

**CHOSEN EVENT TO PRACTICE:** \_\_\_\_\_

**GOAL TIME:** \_\_\_\_\_ **ACTUAL TIME:** \_\_\_\_\_