



WEIGHT TRAINING AND CONDITIONING DAILY DIARY FOR _____

DAYS LEFT	DATE	TIME SPENT		BENCH or SQUAT	2 MILE TIME
		WEIGHTS	RUNNING		
74	20-Oct				
73	21-Oct				
72	22-Oct				
71	23-Oct				
70	24-Oct				
69	25-Oct				
68	26-Oct				
67	27-Oct				
66	28-Oct				
65	29-Oct				
64	30-Oct				
63	31-Oct				
62	1-Nov				
61	2-Nov				
60	3-Nov				
59	4-Nov				
58	5-Nov				
57	6-Nov				
56	7-Nov				
55	8-Nov				
54	9-Nov				
53	10-Nov				
52	11-Nov				
51	12-Nov	CAMP I			
50	13-Nov	CAMP I			
49	14-Nov				
48	15-Nov				
47	16-Nov				
46	17-Nov				
45	18-Nov				
44	19-Nov				
43	20-Nov				
42	21-Nov				
41	22-Nov				
40	23-Nov				
39	24-Nov				
38	25-Nov				
37	26-Nov				

DAYS LEFT	DATE	TIME SPENT		BENCH or SQUAT	2 MILE TIME
		WEIGHTS	RUNNING		
36	27-Nov				
35	28-Nov				
34	29-Nov				
33	30-Nov				
32	1-Dec				
31	2-Dec				
30	3-Dec				
29	4-Dec				
28	5-Dec				
27	6-Dec				
26	7-Dec				
25	8-Dec				
24	9-Dec				
23	10-Dec	CAMP II			
22	11-Dec	CAMP II			
21	12-Dec				
20	13-Dec				
19	14-Dec				
18	15-Dec				
17	16-Dec				
16	17-Dec				
15	18-Dec				
14	19-Dec				
13	20-Dec				
12	21-Dec				
11	22-Dec				
10	23-Dec				
9	24-Dec				
8	25-Dec				
7	26-Dec				
6	27-Dec				
5	28-Dec				
4	29-Dec				
3	30-Dec				
2	31-Dec				
1	1-Jan				
0	2-Jan	PRACTICE			