



My Running Log Book: My Personal Journal for Running Success

Barb Asselin

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Whether you are a first-time runner who needs motivation to get off the couch, or if you are a veteran marathoner, this journal will help you succeed. Inside, you will find the following sections for each week of training: - week - date - distance - time - average pace - heart rate - route - notes - weekly distance - year-to-date distance - weight, and - cross training You will also find a 10-week training program if you are a beginner runner. The goal at the end of the 10-week program is to be able to run 3km without stopping. There are log pages for a full year of training. Ready? Let's start running!

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