



Runner's Training Journal

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2017 Runner's Training Journal: A training journal with more writing space! Based on user feedback from the popular Runner's Training Log, the Runner's Training Journal follows a similar format while providing generous space for daily notes.

This is an ideal journal for creating multi-week training plans and recording training progress. The journal layout supports the format used by today's best training plans, such as those promoted by Hal Higdon or Runner's World. Every day of the calendar has space to write the plan for that day, and additional space to record actual training (for those days when things change). This allows you to flex your training days while accurately recording your progress. The convenient layout makes note taking quick and easy.

The calendar-style layout of this journal puts your whole week in easy view. The training week runs Monday through Sunday, and with the large 8" x 10" format you always have the full week in view.

The Runner's Training Journal contains extra features that will be useful to those who include racing as part of their training routine. Countdown the weeks to the next race on the training calendar, and use the special pages to set goals and record progress at racing events. Create run plans for 5k, 10k, half, and full marathons. Create contact lists for all of those names and numbers that keep you running. Sample training plans are provided.

The Runner's Training Journal is a 14 month training calendar that begins on 11/1/2016 and runs through 12/31/2017.

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From reader reviews:

Michael Greene:

This book untitled Runner's Training Journal to be one of several books that will best seller in this year, that's because when you read this guide you can get a lot of benefit in it. You will easily to buy this book in the book store or you can order it via online. The publisher on this book sells the e-book too. It makes you more easily to read this book, since you can read this book in your Touch screen phone. So there is no reason for your requirements to past this e-book from your list.

Jessica Wilson:

Spent a free a chance to be fun activity to try and do! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try look for book, may be the guide untitled Runner's Training Journal can be very good book to read. May be it is usually best activity to you.

Debra Capone:

In this time globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. Typically the book that recommended for you is Runner's Training Journal this book consist a lot of the information of the condition of this world now. That book was represented so why is the world has grown up. The language styles that writer use for explain it is easy to understand. The writer made some study when he makes this book. This is why this book acceptable all of you.

Santiago Johnson:

What is your hobby? Have you heard that will question when you got learners? We believe that that question was given by teacher to the students. Many kinds of hobby, Every individual has different hobby. And you also know that little person such as reading or as reading through become their hobby. You must know that reading is very important along with book as to be the thing. Book is important thing to include you knowledge, except your personal teacher or lecturer. You get good news or update regarding something by book. Different categories of books that can you go onto be your object. One of them is actually Runner's Training Journal.

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