



My Yearly Running Journal: Become a Better Runner!

By Dariusz Janczewski

Createspace, United States, 2009. Paperback. Book Condition: New. 250 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.My Yearly Running Journal: Year-Long Journal, Planner, Log, Calendar Much More is designed for both beginner and advanced runners who aspire to organize their busy lives, improve their running, and stay in touch with themselves. By keeping track of your training, racing and nutrition, the future is not left to chance and important things are not left undone and forgotten. FEATURES INCLUDE: * Daily Journal Pages (368) Every Daily Page Includes: My Long-Term Goal(s), Weekly Planner, My Running Log (time, distance, today s meal plan) Daily Planner (workout content, stretching), Monthly Check-out Chart, My Running Journal (weight lifting, cross-training) * Compact Calendar * Training Plan Page * Racing Calendar * Distances Covered Cross Training * My Contacts TEAR-OUT PAGES. Cut these pages out and make copies for repeat use. * Grocery Shopping List * My Today s Running Route(s) * My Favorite Running Routes * Blank Notebook Pages.



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