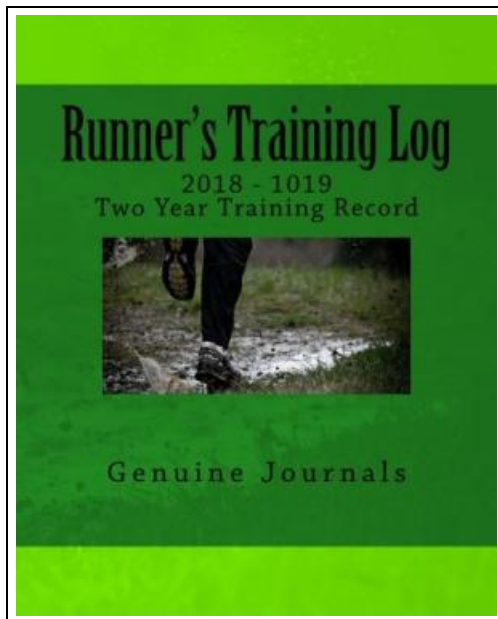


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 2018 - 2019 Two Year Runner s Training Log. This is the ideal journal for creating multi-week training plans and recording training progress. The journal layout matches 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 8 weeks in view. The Runner s Training Log 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. The Runner s Training Log is a 26 month training calendar that begins in November and runs through the next two years. That s more than two years for the price of one!.



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