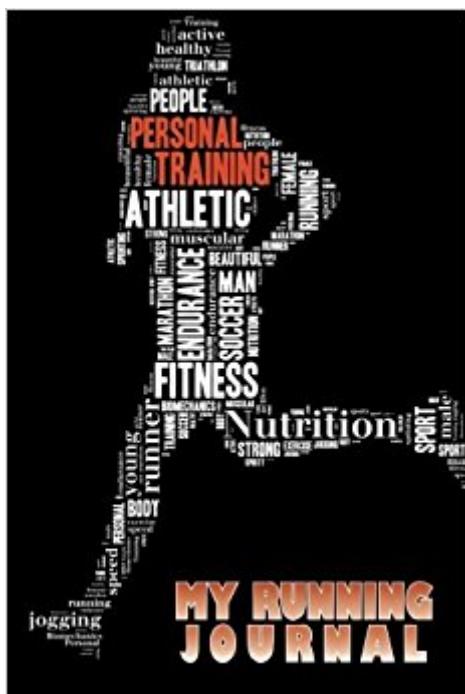


The book was found

My Running Journal: Personal Training Athletic, 6 X 9, 52 Week Running Log



Synopsis

Designed For Runners Every runner knows that to get faster, run farther and be their best, they need to track their achievements. Not just the races they win but the training that got them there. This running log is designed to ensure you capture the most important information you need to know. Winging it does not lead to success. Track a full year's worth of daily runs with ample space for recording your route, distance, weather, how you felt and much more. You also get a week at a glance summary at the end of each week for quick reference. With each week being undated, you have the flexibility to fill it out as you see fit and let's hope you never use the injury section. Journaling your runs is an excellent way to stay motivated and to enhance personal performance. If you are ready to take your running to the next level then grab your running log today! Scroll up and hit the orange buy button.

Book Information

Diary: 110 pages

Publisher: CreateSpace Independent Publishing Platform; 1st edition (October 10, 2015)

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ISBN-10: 1517701775

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Average Customer Review: 4.0 out of 5 stars 1 customer review

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Customer Reviews

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is the act of writing down everything a person wants to remember or reference back to. Whether that is emotions, life events, recipes, pregnancies or your to do list, writing it down is the most powerful way of ensuring it never gets forgotten. What you can do with a blank book is only limited by the amount of imagination you put into it. Make it a diary, a meal planner, a diet journal or just doodle in it. The point is to get one or seven and use them. Make life easier by unleashing the hidden power of a blank book.

Has enough space to write everything down. Good size and lightweight.

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