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My Running Journal: Go Running, 6 X 9, 52 Week Running Log

By My Running Journal

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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.



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Reviews

The publication is straightforward in study better to fully grasp. It is definitely simplistic but excitement inside the 50 percent of your publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Mazie Johns IV**

A very amazing publication with perfect and lucid information. We have read through and that i am certain that i will planning to study once more yet again in the future. You will not really feel monotony at anytime of the time (that's what catalogues are for about should you question me).

-- **Matilda Hoeger V**