Running Calendar

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Running Calendar has three sections. In the front there is a blank calendar with grid lines to write notes for upcoming events or other running details. (This is an undated calendar so start using any time of the year and fill in your dates.) The two sections (behind the calendar) includes 2 fill in the blank charts. The first includes the following: -Name of Race -Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The last section has 52 weeks of pages (enough for one full year) and includes the following to track your daily running progress: -Time (remaining) before event -Running Route Name Run Type Distance Time Pace Type Shoes Body Weight Average Heart Rate Resting Heart Rate Temperature Track the details of your running data in the Running Calendar and it will be easier to view progress and achieve your goals.

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Reviews

Simply no phrases to clarify. It is really basic but surprises from the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.
-- Mr. Noah Cummerata IV

Completely one of the best publication I actually have ever study. I really could comprehended almost everything out of this written e publication. Your daily life span will likely be change as soon as you total reading this publication.
-- Prof. Adolph Wisoky