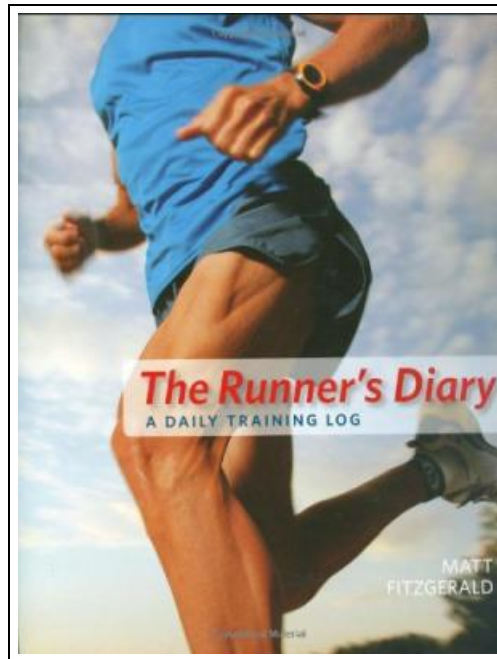


The Runners Diary: A Daily Training Log



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Reviews

*Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.
(Dr. Sarai Fisher DDS)*

THE RUNNERS DIARY: A DAILY TRAINING LOG



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VeloPress. No binding. Book Condition: New. Spiral-bound. 279 pages. Dimensions: 8.9in. x 7.0in. x 1.1in. Next to running shoes, a training diary is the most important piece of training equipment a runner owns. Whether training for a PR or just staying in shape, runners of all abilities will gain insight into their fitness and performance with The Runners Diary by running coach Matt Fitzgerald. This two-color training diary offers plenty of space for key data like mileage, workout time, pacesplits, heart rate, intensity, aches and pains, notes, and workout enjoyment ratings. The Runners Diary is much more than a record of past training; its a tool to help runners improve. Guidelines help runners design their own season-long training plan while Fitzgeralds Target Pace Level and Intensity Factor systems help runners make sure they are on track and gaining fitness from every run. The Runners Diary also includes handy pace charts, weekly tips, and a daily nutrition monitor. Best of all, The Runners Diary is undated, so runners can pick up a copy whenever their season begins. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Spiral-bound.



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