

Runner s Journal Training Log: Large Print Size 8.5x11, One Year Training Log, Shoe History, Race Log



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Reviews

An extremely wonderful pdf with lucid and perfect explanations. I could possibly comprehend every little thing out of this created e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Janie Wilkinson)

RUNNER S JOURNAL TRAINING LOG: LARGE PRINT SIZE 8.5X11, ONE YEAR TRAINING LOG, SHOE HISTORY, RACE LOG



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. large type edition. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Runners track one year of training, shoe mileage/replacement, and races in this Runner s Journal Training Log. - Large print edition - 365 training entry sections - 8 shoe history sections - 52 race entry sections - Journal size 8.5x11 inches - Durable paperback/softcover, acid-free paper, and perfect bound spine for long journal life Each training section asks for date/time, route, distance, duration/time, average pace, calories, weather, temperature, how you felt, notes, and periodic total miles-to-date. Each shoe history section asks for date purchased, brand/model, size, price, place of purchase, date retired, estimated miles, and notes. Each race log section asks for race name, town, date, distance, time, place overall, age group, age group place, course description, and notes. This log is also available in a six month Small size 5x8, and a one year Medium size 6x9.



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