



Bare Bones Runner s Journal Log: For Runners of All Age Ability

By Dariusz Janczewski

Createspace, United States, 2010. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Bare Bones Runner s Journal Log includes the following essentials to keep your journal: * Calendar (start it anytime by entering your own dates) * 12-Months Training Schedule Form * 53-WEEKLY SPREADS where you may enter daily: Date, Weight, Morning and Evening Heart Rate, Hours of Sleep, Weather Conditions, Location, Time of Run, How You Felt, Workout Content, Number of Sets, Number of Repeats, Res Time, Stretching, Cross Training, Comments, and Daily Distance Totals. * Appendix Pages: Contacts, Racing Calendar Information for 20 Races, 12-Months Distances Tally, and Pacing Chart * Cut-Out Pages: Cut these out and make copies for future use. You may cut-out and duplicate: Weightlifting log, Shopping List, and Bookmarks or helping you locate the various parts of the Journal. Happy Training!.



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Reviews

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This composed publication is great. It is one of the most remarkable publication i have got read through. I am just quickly could get a delight of looking at a composed book.

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