



Runner s Journal Training Log: Small Size 5x8, Six Month Training Log, Shoe History, Training Log

By Cheryl Casey

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. large type edition. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Runners track six months of training, shoe mileage/replacement, and races in this Runner s Journal Training Log. - 183 training entry sections - 6 shoe history sections - 26 race entry sections - Journal size 5x8 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/cross-training, 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 one year medium size 6x9, and a one year Large Print size 8.5x11.

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