



Marathon Half-Marathon Training Journal: Log Diary for Runners (Paperback)

By Dariusz Janczewski

Createspace, United States, 2010. Paperback. Book Condition: New. 251 x 201 mm. Language: English . Brand New Book ***** Print on Demand *****.Marathon and Half Marathon Training Journal is a 250-pages long, comprehensive journal log for runners preparing to face the distance. It has been designed to last you for an entire year. RACING CALENDAR and INFO SHEETS FOR 10 RACES Document, or plan your races by entering the race s name, date, distance, web site address, accommodations, place taken, and time ran 12-MONTHS TRAINING SCHEDULE Jot down your overall training plan, or schedule. Enter up to 8 different training categories 2010, and 2011 CALENDARS MAKE YOUR OWN CALENDAR Allows you to enter your own dates and names of the months of the year JOURNAL and LOG 53 weekly spreads for entering workouts. Enter the date; your weight; morning, and evening heart rate; hours of sleep; weather conditions, and location of the run. Plus, enter general workout description, number of sets ran, repeats, rest times, time spent stretching, cross training, and comments. RACING and TRAINING DIARY 53 weekly spreads. Document your experiences on more personal level, and in more details. CONTACTS Keep track of your friends names, addresses, phone/cell numbers,...



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The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).

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