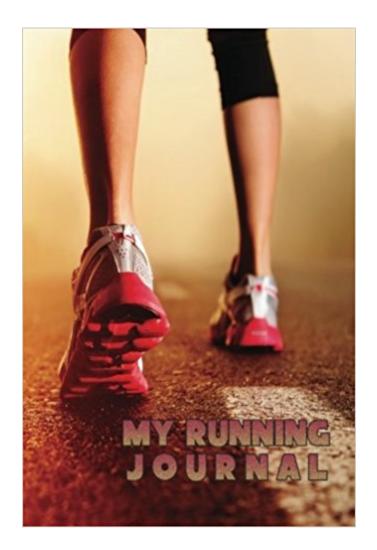


The book was found

My Running Journal: Pink Shoe, 6 X 9, 52 Week Running Log





Synopsis

Designed For RunnersEvery runner knows that to get faster, run farther and be their best, they need to track their achievements. Not just the races they win but the training that got them there. This running log is designed to ensure you capture the most important information you need to know. Winging it does not lead to success.Track a full yearââ \neg â,,¢s worth of daily runs with ample space for recording your route, distance, weather, how you felt and much more. You also get a week at a glance summary at the end of each week for quick reference.With each week being undated, you have the flexibility to fill it out as you see fit and letââ \neg â,,¢s hope you never use the injury section. Journaling your runs is an excellent way to stay motivated and to enhance personal performance.If you are ready to take your running to the next level then grab your running log today!Scroll up and hit the orange buy button.

Book Information

Paperback: 110 pages Publisher: CreateSpace Independent Publishing Platform; Jou edition (September 4, 2015) Language: English ISBN-10: 1517008646 ISBN-13: 978-1517008642 Product Dimensions: 6 x 0.2 x 9 inches Shipping Weight: 7.8 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars 1 customer review Best Sellers Rank: #1,490,758 in Books (See Top 100 in Books) #63 inà Â Books > Children's Books > Sports & Outdoors > Track & Field #2080 inà Â Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #13016 inà Â Books > Sports & Outdoors > Individual Sports

Customer Reviews

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It worked great, wish I could have found another one like this one before I bought another one. I enjoyed using this one a lot.

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