



# The Runner's Diary: A Daily Training Log

## By Matt Fitzgerald

VELOPRESS Dez 2008, 2008. Taschenbuch. Condition: Neu. Neuware - Whether they're training for a marathon or just trying to stay in shape, runners log hundreds of miles every year. 'The Runner's Diary' gives them a place to keep track of them all. Inspired by VeloPress' best-selling training diaries for triathletes and cyclists, this comprehensive journal allows athletes to record all the information they need to stay on target with training goals and to better understand their performance. With ample space to note distance, pace, heart rate, and effort level, runners can review their entire season or refer back to earlier workouts. Room for tracking daily vital signs like resting heart rate, soreness, and quality of sleep and nutrition helps runners keep tabs on their overall health, while a race section with space for dates, distances, and times helps them chart their progress. 279 pp. Englisch.



#### Reviews

A fresh e book with a new viewpoint. It is among the most awesome ebook we have read through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

## -- Prof. Christelle Stark III

This type of ebook is everything and got me to seeking in advance plus more. it was writtern really completely and helpful. You wont feel monotony at at any moment of your respective time (that's what catalogues are for about should you request me). -- Dr. Santino Cremin

## **Relevant Books**

_
- ,

The Web Collection Revealed, Premium Edition: Adobe Dreamweaver CS6, Flash CS6, and Photoshop CS6 (Stay Current with Adobe Creative Cloud)

Cengage Learning, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You can now maximize and integrate the design and development power of Adobe Creative Suite 6 with WEB COLLECTION REVEALED PREMIUM EDITION. This one of...

=
- 1

## Pete's Peculiar Pet Shop: The Very Smelly Dragon (Gold A)

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Pete's Peculiar Pet Shop: The Very Smelly Dragon (Gold A), Sheila May Bird, This title is part of Bug Club, the first whole-school reading programme that joins books with an online reading world...

_

Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...

=
=

Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...

_

#### Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner of a friendly dragon called Glow! But...

=
- 1

## Topsy and Tim: The Big Race - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Topsy and Tim: The Big Race - Read it Yourself with Ladybird: Level 2, Jean Adamson, This is an enhanced read-along audio ebook from Ladybird. An adaptation of the classic Topsy and Tim...