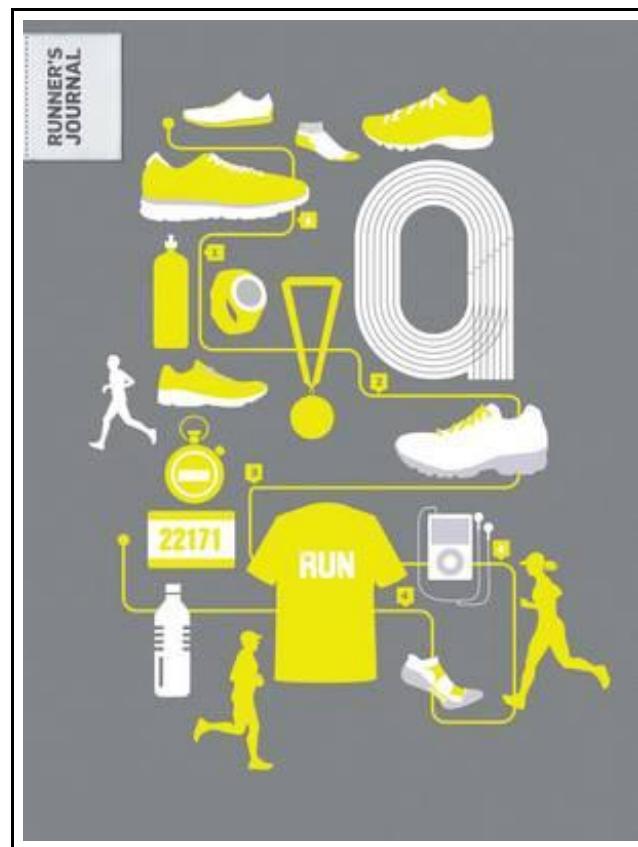


Runner's Journal



Filesize: 2.03 MB

Reviews

The ebook is straightforward in read through preferable to comprehend. It is definitely simplified but shocks within the fifty percent of your pdf. Your lifestyle span is going to be transform when you total reading this publication.

(Dr. Jarrett Bednar)

RUNNER'S JOURNAL

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Record book. Book Condition: New. Not Signed; The Runner's Journal is a gender-neutral tool for tracking all key aspects of one's running practice, aimed at regular runners ranging from aspirational early intermediates to intermediate-advanced runners. Would enable users to track: - Goals - Route/Course - Terrain (trail, pavement, track, hills/declines) - Elevation - Indoor/outdoor - Mood and physical sensations, with happy/sad/neutral face symbols that runners can fill in - Weather - Times/splits - 'Fuel' and hydration - Personal rewards (massage! sauna! beer!) - Wish lists: places I want to run, goals to achieve, gear to get, techniques try - Race timing calendars - Race log and race times - Shoe log (date purchased, brand, model, user comments, size, orthotics fit info) - Injury tracking and PT info - Check off list stretches and note cross-training A front-of-the-journal section would have info graphics that the user would fill in over the course of a year to create an at-a-glance view of personal patterns that could include a graph of mileage run, days run each month, best times, etc. book.

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