



Running Log Book

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Running Log Book has two sections. The first includes the following fill in the blank chart: -Name of Race -Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The second has 52 weeks of pages (enough for one full year) and includes the following to track your daily running progress: -Time (remaining) before event -Running Route Name Run Type Distance Time Pace Type Shoes Body Weight Average Heart Rate Resting Heart Rate Temperature Track the details of your running data in the Running Log Book and it will be easier to view progress and achieve your goals.



READ ONLINE
[1.37 MB]

Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- **Mr. Gustave Gerhold**

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**