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RUNNING TRAINING LOG



Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Running Training Log 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...

Read PDF Running Training Log

- Authored by Frances P Robinson
- Released at 2014



Filesize: 6.56 MB

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