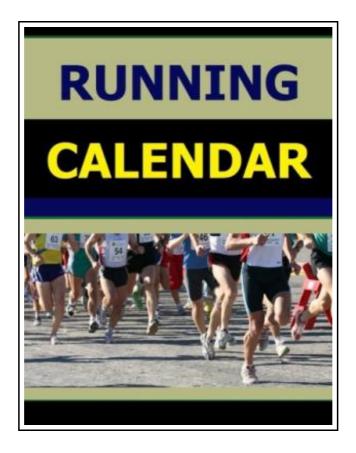
Running Calendar



Filesize: 5.5 MB

Reviews

Very useful for all group of people. It is amongst the most incredible pdf i actually have read through. Its been written in an extremely straightforward way and it is just right after i finished reading through this pdf by which basically modified me, change the way i think.

(Felicia Nikolaus)

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Createspace, United States, 2014. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. The Running Calendar has three sections. In the front there is a blank calendar with grid lines to write notes for upcoming events or other running details. (This is an undated calendar so start using any time of the year and fill in your dates.) The two sections (behind the calendar) includes 2 fill in the blank charts. The first includes the following: -Name of Race -Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The last section 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 Calendar and it will be easier to view progress and achieve your goals.





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