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# BARE BONES RUNNER S JOURNAL LOG: FOR RUNNERS OF ALL AGE ABILITY



Createspace, United States, 2010. Paperback. Book Condition: New. 254 x 203 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Bare Bones Runner s Journal Log includes the following essentials to keep your journal: \* Calendar (start it anytime by entering your own dates) \* 12-Months Training Schedule Form \* 53-WEEKLY SPREADS where you may enter daily: Date, Weight, Morning and Evening Heart Rate, Hours of Sleep, Weather Conditions, Location, Time of Run, How You Felt, Workout Content,...

## Read PDF Bare Bones Runner's Journal Log: For Runners of All Age Ability

- Authored by Dariusz Janczewski
- Released at 2010



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