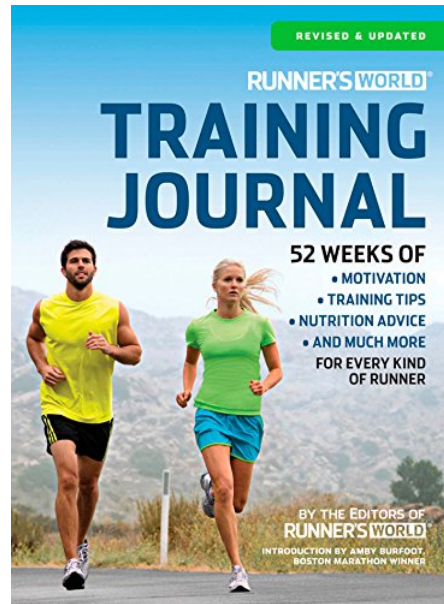


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A revised edition of the ultimate week-by-week training journal for runners of all abilities? from the top experts in the sport Runner's World Training Journal - by the Editors of Runner's World - provides the perfect framework to help every kind of runner, from fitness joggers to competitive racers, track a year's worth of runs. This updated and revised version includes the latest tips, advice, and motivation from the pros to keep runners going all year long. With space for recording daily routes, mileage, times, and notes?s well as weekly doses of information on training, nutrition, and injury prevention?eaders can track their progress as they achieve their running goals, whether they seek better aerobic conditioning, weight loss, or world records. The only runner's training journal with full-color photos throughout and top-notch tips from the experts at Runner's World, this handsomely redesigned journal provides: Smear-proof paper and a handy spiral binding for ease of use A mple space for readers to record facts about each day's run?including route, distance, time, and cross-training?and to note how they felt at the time A Week-at-a-Glance feature that helps runners summarize their weekly training quickly and easily Advice for runners on how to analyze their data and set new goals for the next year

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