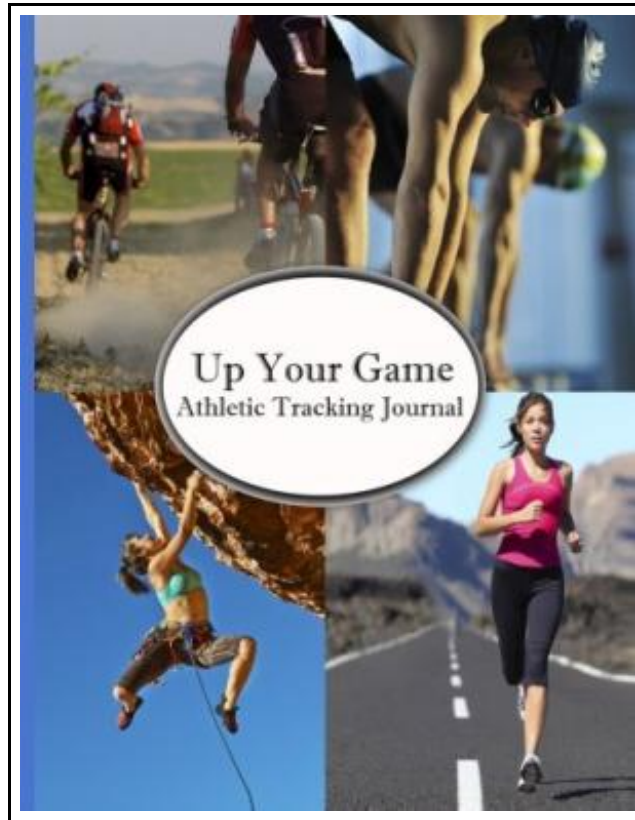


Up Your Game - Athletic Tracking Journal



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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

UP YOUR GAME - ATHLETIC TRACKING JOURNAL



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This journal was created specifically for athletes and aspiring athletes who are wanting to track their progress and see where they can make changes to up their game. You can chart whatever athletic training you would like in this journal. Marathons, Triathlons, adventure racing etc. There is a weekly check in page, this is to see what your new goals for the week are and also to see how you are doing and how you can improve your game. There are multiple slots to track your sport at the end of each week, so if you happen to be someone practicing multiple sports you can keep track of them all. You can track your meals before and after your workout so that you can see if they are giving the best advantage possible. There is an area to track your heart rate which is abbreviated to HR and there is a space for RPE or Rate of perceived exertion. This is to rank your workout intensity on a level of 1-10. This will help you to see how hard you are working and if you need to make it more intense. As we continue to exercise we get stronger so an exercise that at one point may have ranked as a 7 or 8 on the RPE scale may start to feel more like a 5 or 6. So when that happens you know it is time to challenge yourself more and step it up. As we track our exercise it is amazing to see what we are capable of. When we have our results staring at us on paper we can then see that we are able...



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