



Runner's Journal

By Chronicle Books

Record book. Book Condition: New. Not Signed; The Runner's Journal is a gender-neutral tool for tracking all key aspects of one's running practice, aimed at regular runners ranging from aspirational early intermediates to intermediate-advanced runners. Would enable users to track: - Goals - Route/Course - Terrain (trail, pavement, track, hills/declines) - Elevation - Indoor/outdoor - Mood and physical sensations, with happy/sad/neutral face symbols that runners can fill in - Weather - Times/splits - 'Fuel' and hydration - Personal rewards (massage! sauna! beer!) - Wish lists: places I want to run, goals to achieve, gear to get, techniques try - Race timing calendars - Race log and race times - Shoe log (date purchased, brand, model, user comments, size, orthotics fit info) - Injury tracking and PT info - Check off list stretches and note cross-training A front-of-the-journal section would have info graphics that the user would fill in over the course of a year to create an at-a-glance view of personal patterns that could include a graph of mileage run, days run each month, best times, etc. book.



READ ONLINE
[5.91 MB]

Reviews

The publication is great and fantastic. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i suggested this ebook to discover.

-- **Linnie Kling**

A brand new eBook with a brand new standpoint. I could possibly comprehended everything out of this composed e publication. Your life span will likely be enhance once you total reading this pdf.

-- **Willa Ritchie**

Related PDFs



Tinga Tinga Tales: Why Lion Roars - Read it Yourself with Ladybird

Paperback. Book Condition: New. Not Signed; This is a Tinga Tinga tale inspired by traditional stories from Africa. Lion is king of Tinga Tinga but he can't roar! Can his friend Flea help Lion to find his roar and behave more like...



The Princess and the Frog - Read it Yourself with Ladybird

Paperback. Book Condition: New. Not Signed; A kind frog helps a princess and she makes him a promise. What happens when the king tells her that she has keep her promise? Read it yourself with Ladybird is one of Ladybird's best-selling reading...



The Kid

Paperback. Book Condition: New. Not Signed; Winky thought he'd seen everything in Wyoming Territory: rustlers, hangings, shoot-outs, cattle standing frozen stiff in the snow. Then into town one lazy day rode a long-haired kid and a colossal African mute. They were met...



NIV Soul Survivor New Testament in One Year

Paperback. Book Condition: New. Not Signed; 'The whole Bible, in just one year? You've got to be kidding.' Don't panic! How about just the New Testament to start off with? Take thousands of young people all committed to reading the word together...



Forest Fairytale Knits

Paperback. Book Condition: New. Not Signed; Stephanie Dosen has quickly gained iconic status among knitters: her patterns readily sell out online, and she has been given feature coverage in both mainstream and knitting magazines, including Handmade Living and Simply Knitting. Today's avid,...



New KS2 English SAT Buster 10-Minute Tests: 2016 SATs & Beyond

Paperback. Book Condition: New. Not Signed; This is Book 2 of CGP's SAT Buster 10-Minute Tests for KS2 Grammar, Punctuation & Spelling - it's a brilliant way to introduce English SATS preparation in bite-sized chunks. Each set of quick tests is packed...
