

Read Kindle

RUNNER'S JOURNAL



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!...

Download PDF Runner's Journal

- Authored by Chronicle Books
- Released at -



Filesize: 2.21 MB

Reviews

Great e-book and beneficial one. I am quite late in start reading this one, but better then never. You may like how the author publish this ebook.

-- **Mr. Alexandro Lemke MD**

It in a of the best publication. It really is rally intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

-- **Dr. Pat Hegmann**

It in one of my favorite publication. It is among the most awesome publication i have go through. I am just quickly will get a delight of reading through a published publication.

-- **Prof. Martin Zboncak DVM**
