



Marathon Running Log: Keep Record of Your Marathon Running Training Data in the Marathon Running Log. Track Your Progress Will Help You Achieve Your Marathon and Running Goals.

By Frances P Robinson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Marathon Running Log is a place to write your detailed data as you train and monitor your progress. The Log contains 2 sections to fill in the blanks for the following: -Name of Race -Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The second section has 52 weeks of pages (enough for one full year) that is designed to track your daily running progress for the following: -Time (remaining) before next event -Running Route Name Run Type Distance Time Pace Type Shoes Worn Body Weight Average Heart Rate Resting Heart Rate Temperature The Marathon Running Log can help you record detailed data and reach your running goals.

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Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger