

## Runners World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers



A revised edition of the ultimate week-by-week training journal for runners of all abilities— from the top experts in the sport Runners World Training Journal - by the Editors of Runners World - provides the perfect framework to help every kind of runner, from fitness joggers to competitive racers, track a years 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 runners training journal with full-color photos throughout and top-notch tips from the experts at Runners World, this handsomely redesigned journal provides: • Smear-proof paper and a handy spiral binding for ease of use • A ample space for readers to record facts about each days 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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