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## 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.



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### Reviews

*Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.*

-- **Melvin Hettinger**

*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Dr. Easton Collier DVM**