Dream. Believe. Achieve.: Complete Daily Runner s Log Book



Filesize: 1.93 MB

Reviews

It is great and fantastic. It can be writter in easy phrases and never hard to understand. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you request me).

(Michel Halvorson)

DREAM. BELIEVE. ACHIEVE.: COMPLETE DAILY RUNNER S LOG BOOK



Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English. Brand New Book ****** Print on Demand ******. This book can make an incredibly positive impact on your running Put together to address both your physical and emotional needs as a runner -- with room for notes and observations beyond what typical running logs offer - Dream. Believe. Achieve. can make a big difference in your physical and mental performance as a runner. Dream. Believe. Achieve. does not have pre-printed dates (so you can start using it any day of the year) and includes: =>a 52 week log designed for easy recording of vital daily information like distance ran to time spent running to route run to weekly goals =>weekly wrap-up sections for analysis to help you get more physically and emotionally from your running =>race logs to help you celebrate and learn from your participation in races =>a footwear log so you know when to change out your shoes and to help you determine which shoes best suit your personal needs =>over 50 motivational quotes and tips =>and more As a runner, you will be very happy you purchased Dream. Believe. Achieve. And, consider buying a copy for your friends who run, they ll be very appreciative of a gift that gives every day of the year. So don t delay, scroll up now and get copies for yourself and your running friends. NOTE: Websites and apps for runners are great, but they lack the tangibility of a book such as this. Nothing can replace the excitement and pride of holding a completed, physical runner s log book in your hands. Take full advantage of computerized measurement and analysis, but also keep a physical log . it s a very personal and positive experience that...



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