Running Journal: Train Smarter With This 365-Day Running Journal For Marathon Training, 5K Training, And Other Endurance Races

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The Running Journal is a journal specifically designed for runners at every level. This tool is used by a wide range of people with various goals, including running to lose weight, running to compete in 5K races or ultra-marathons, or running to cross train for his or her preferred sport. We have provided you with a 365-day journal to record your distance, time and pace for each workout. The journal also gives you the ability to track other important factors that impact your training: quality of sleep, the weather you trained in, your alcohol intake, hydration, and nutrition. We have also included areas to track injuries and training goals, and a page to write down your training gear wish list. Using this journal as a supplemental training tool will be both eye-opening and instrumental for any runner as he or she progresses throughout training. With a clear record of all factors that impact your training, you will have a deeper understanding of your progression and how your body uniquely responds to these parameters. Study the data and identify trends so you can strategically adjust your lifestyle and all factors that may impact your performance. The Running Journal is the tool you need to become more in-tune with your body and achieve optimal results for your specific goals.

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