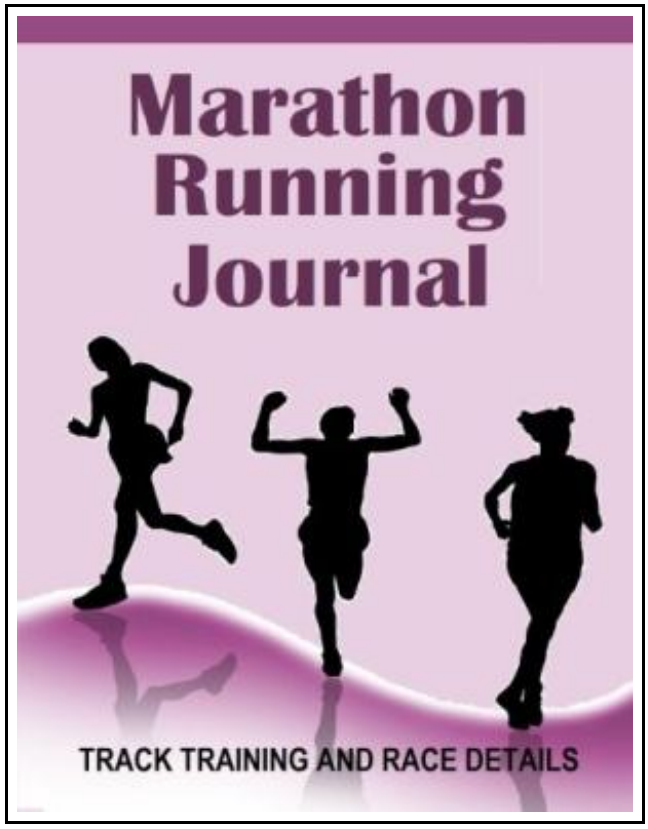
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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Marathon Running Journal will help you with training and monitor progress to achieve your running goals. The Journal has two sections with fill in the blank pages 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 Marathon Running Journal can help you track detailed data so you can achieve your competitive goals.

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