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Marathon Training Log: Track Detailed Running Data for Marathon Training in This Log. Monitor Your Progress to Help Achieve Your Training and Marathon Goals.

By Vicki R Ricks

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 Training Log will help you with training and monitor progress to achieve your running goals. The Log 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 Training Log will track detailed data so you can achieve your competitive goals.


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Reviews

This pdf is very gripping and fascinating. We have read and that i am certain that i am going to going to read once more again in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Burnice Cronin**

Comprehensive guide for publication lovers. it absolutely was writtern really flawlessly and valuable. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for concerning if you ask me).

-- **Rowan Gerlach II**