



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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[7.53 MB]

Reviews

An exceptional publication as well as the font applied was intriguing to learn. It usually does not charge an excessive amount of. Its been designed in an exceedingly basic way and it is just after i finished reading through this book through which in fact altered me, modify the way in my opinion.

-- **Haylee Hackett**

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-- **Ara Williamson**

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