



The Complete Runner's Day-by-Day Log and Calendar 2006

Marty Jerome

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"Other logs give you space to record your daily runs; [these] warm and witty monthly essays give you reasons to go on running."

-William H. MacLeish, author of *The Day Before America*

"A must for any runner."

-Minneapolis *Tribune*

The twenty-seventh edition of this classic log and calendar, the only one tailored specifically to runners, both competitive and noncompetitive, includes:

space for tracking daily and weekly mileage, as well as time, body weight, route, temperature, and improvements

a race record, with room to write dates, places, distances, times, your pace, and "comments and excuses"

a quick reference chart for split times, from one mile to the marathon

training tips and monthly essays by Marty Jerome on such topics as speed training, trail running, interval workouts, and injury prevention

photographs of runners from all around the world

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Precisely why? Because this *The Complete Runner's Day-by-Day Log and Calendar 2006* is an unordinary book that the inside of the book waiting for you to snap the item but latter it will surprise you with the secret it inside. Reading this book alongside it was fantastic author who also write the book in such incredible way makes the content interior easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This amazing book will give you a lot of advantages than the other book have got such as help improving your proficiency and your critical thinking method. So , still want to hesitate having that book? If I have been you I will go to the e-book store hurriedly.

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