



Running Calendar (Paperback)

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Running Calendar has three sections. In the front there is a blank calendar with grid lines to write notes for upcoming events or other running details. (This is an undated calendar so start using any time of the year and fill in your dates.) The two sections (behind the calendar) includes 2 fill in the blank charts. The first includes the following: -Name of Race -Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The last section has 52 weeks of pages (enough for one full year) and includes the following to track your daily running progress: -Time (remaining) before event -Running Route Name Run Type Distance Time Pace Type Shoes Body Weight Average Heart Rate Resting Heart Rate Temperature Track the details of your running data in the Running Calendar and it will be easier to view progress and achieve your goals.



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Reviews

It is great and fantastic. It is one of the most remarkable book i have got go through. You wont truly feel monotony at whenever you want of your respective time (that's what catalogues are for about when you check with me).

-- **Matt Rodriguez**

A must buy book if you need to adding benefit. It really is packed with wisdom and knowledge I found out this book from my dad and i encouraged this pdf to understand.

-- **Mr. Bennie Hirthe**

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