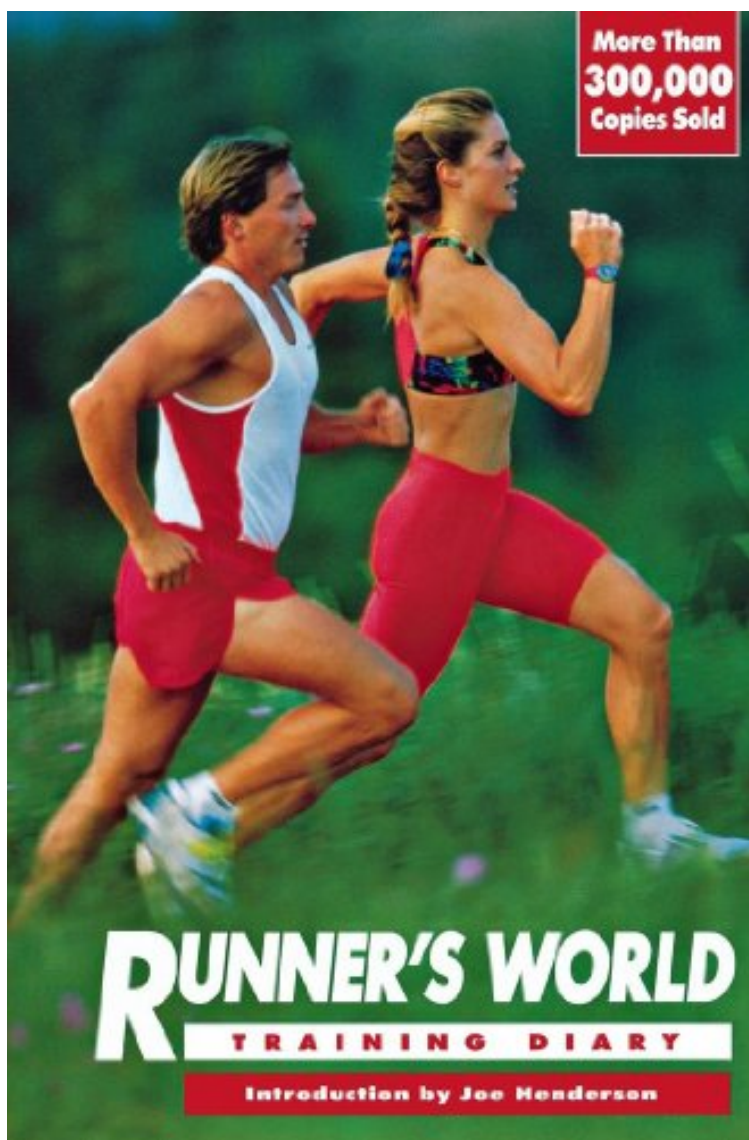


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Runner's World Training Diary



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Description :

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glance, plus valuable running hints and more. *Quatrième de couverture* Join 300,000 other runners in using the bestselling training diary from the world's leading running magazine! *Runners World* Even if you have benefited from the advice of running experts, you can gain even more knowledge by keeping and studying your own personal running record. Inside this handy diary, *Runners World* provides the outline. You fill in the facts about each day's run, such as your pace, the distance you ran, your pulse rate, and weather conditions. You set the goals to run every day or twice a week, to log two or ten miles a day, to train for a 10K or a marathon then note your progress. You discover what really works, and what doesn't. In addition to a useful format and generous space for charting an entire year's running, the *Runners World Training Diary* also includes: Charts to record racing results, best times, and a year's running at a glance Tables listing pacing rates, windchill readings, and metric distance conversions Warmup exercises and valuable running hints A helpful table showing the caloric cost of running Pages for training records, schedule planning, and much more!