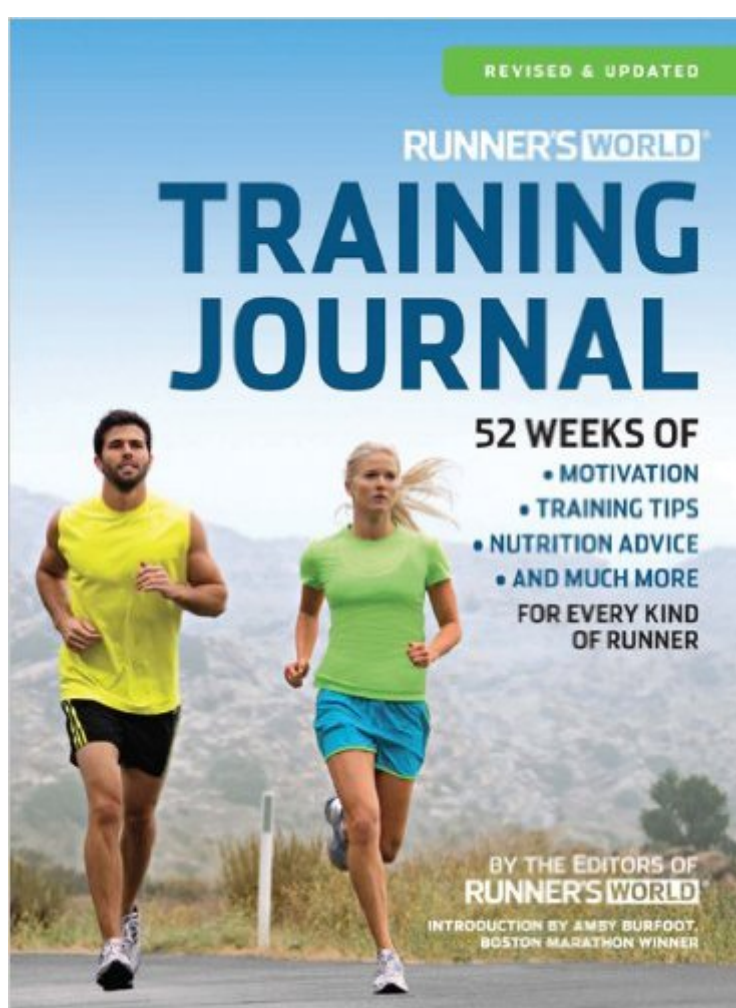


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# Runner's World Training Journal: A Daily Dose Of Motivation, Training Tips & Running Wisdom For Every Kind Of Runner--From Fitness Runners To Competitive Racers



## Synopsis

A revised edition of the ultimate week-by-week training journal for runners of all abilities • from the top experts in the sport *Runner's World Training Journal* - by the Editors of *Runner's World* - provides the perfect framework to help every kind of runner, from fitness joggers to competitive racers, track a year's worth of runs. This updated and revised version includes the latest tips, advice, and motivation from the pros to keep runners going all year long. With space for recording daily routes, mileage, times, and notes •s well as weekly doses of information on training, nutrition, and injury prevention •eaders can track their progress as they achieve their running goals, whether they seek better aerobic conditioning, weight loss, or world records. The only runner's training journal with full-color photos throughout and top-notch tips from the experts at *Runner's World*, this handsomely redesigned journal provides: • Smear-proof paper and a handy spiral binding for ease of use • A ample space for readers to record facts about each day's run •including route, distance, time, and cross-training •and to note how they felt at the time • A Week-at-a-Glance feature that helps runners summarize their weekly training quickly and easily • Advice for runners on how to analyze their data and set new goals for the next year

## Book Information

Spiral-bound: 192 pages

Publisher: Rodale Books; 3 edition (May 8, 2012)

Language: English

ISBN-10: 1609618548

ISBN-13: 978-1609618544

Product Dimensions: 6.7 x 0.9 x 8.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars • See all reviews • (104 customer reviews)

Best Sellers Rank: #50,793 in Books (See Top 100 in Books) #17 in • Books > Sports & Outdoors > Other Team Sports > Track & Field #110 in • Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #391 in • Books > Sports & Outdoors > Individual Sports

## Customer Reviews

This is a great training journal! Not only does it have a space to record daily run info, but it has little tips and fun facts on every page. For each day, there is a space to fill in the route you took, distance and time, any cross-training you did, how you felt, and thoughts. At the end of the week, there is a place to record your weekly total miles of running, and your total mileage to date. There are 52 weeks

of log space in this journal. Start recording your mileage, feelings, and thoughts now... you will benefit from it in the future... and it may even give you some laughs to see how you felt starting out.

The 2006 edition has been released. The earlier reviews were written about the earlier edition (2001 or 2002?) and the editors seem to have taken the feedback to heart and have come up with a much improved version this year. For this edition, instead of having the week start at Sun, they have decided to put the weekend together, starting the week at Mon and then ending with Sat and Sun. There is plenty of space to write. The pictures and captions are colorful, attractive and useful. There is half a page of notes for you to fill up with thoughts of your runs, nutrition, whatever you want at the end of each week. I just started running 3 months ago and I found this journal really helpful. Just the thought of filling up the pages with my runs motivate me to do better each work. It feels great to see that your efforts are paying off when you go through the filled pages and see how your mileage has been going up. Also, I use the empty half page to put down my calories intake, my goals for the week (whether for running or for personal life) and my thoughts. It is like having a friend! I recommend this for beginning runners!

This is my second journal so I've been using it for a year. It's pretty much got everything covered but it would be nice if there was a little more room to record daily cross training and more space for recording races in the back of the book since I do more then space allows. I've bought and tried other journals but they do not compare. I like the "Tip of the Week" and there is even a running quote to keep you motivated. Buy this journal whether you're a beginning runner or been running forever and want to keep a record of all that hard work as well as the good times.

Fabulous running training book, or just to keep track of what you've done for the year. I'm so please because I bought mine used and it looks brand new. I cannot wait until 1 year has gone by so I can look at what I've chronicled. This is an accomplishment for me as I am into weight training but always afraid of any distance running because of arthritis in both knees adding patella femoral syndrome in right knee. Thing is, most people with arthritis don't know that weight bearing exercises actually "strengthen" your knees/joints. If I go too many days without exercise, especially running, that's when I feel the cracking and mild stiffness. But the working out and running just oils my joints up... "LITERALLY" GREAT BOOK TO BUY!

I used this journal, then tried another (the original Runners World Training Diary, red cover) and

hated it. I'm back to this and will never stray! The format is cleaner and more inviting, I enjoy the tips and quotes, and like the additional information and spaces to keep track of shoes and races in the back.

Great journal, plenty of space to record what run/exercise I did. I like that it does not come pre populated with dates so I can add my own. I like to not only record my runs but other work out routines I do at the gym. Has a great area to record race results, shoes you purchases, and lots of tips throughout the book.

I had been searching for a journal after I filled up an old one that I got at a sports store. (Champion women's athletic products used to give one away.) I'm glad I found this journal. I can record all my exercise not just my running in it.

Runners World has great information into anything one needs to know about before taking on the world of running. A good journal to keep track of how your running is progressing. Well worth the money and well worth the time to use.

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