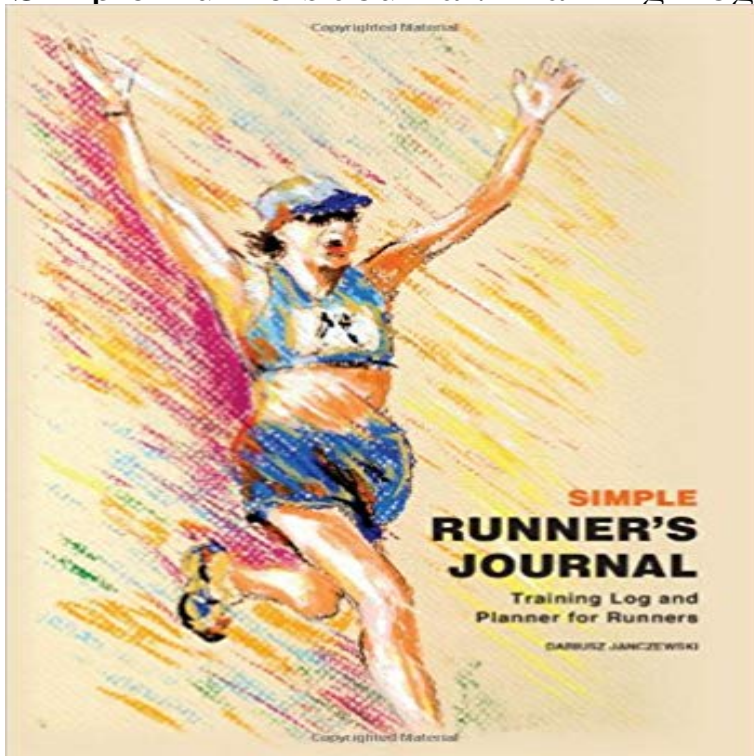


## Simple Runners Journal: Training Log and Planner for Runners



A straight forward approach to keeping track of your training and planning your day, with emphasis on diary writing. Simple Runners Journal includes: \* Enjoy a generous, half-page space for your journal /diary entries \* Make-up you yearly calendar by entering the dates \* Record your running plan/schedule \* Create shopping list of your groceries in advance \* Tally your distances and cross training \* List your favorite training routes \* Let your loves ones know where your long run takes you by writing down the route and the time of your run \* Enter contact information of both your family and friends \* Plan your workouts and your racing speed by using pacing charts \* Evaluate your running year by documenting what worked for you this year and what did not, so you dont make the same mistakes twice Most of all, this journal is for writer-runner. For runner to whom recording their memories and experiences is not only a joy, but also an asset to benefit from in the future.

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