



Running Training Plan (Paperback)

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Running Training Plan has two sections. The first includes the following fill in the blank chart: - Name of Race -Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The second 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 Training Plan and it will be easier to view progress and achieve your goals.



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