



The Runners Diary: A Daily Training Log

By Matt Fitzgerald

VeloPress. No binding. Book Condition: New. Spiral-bound. 279 pages. Dimensions: 8.9in. x 7.0in. x 1.1in. Next to running shoes, a training diary is the most important piece of training equipment a runner owns. Whether training for a PR or just staying in shape, runners of all abilities will gain insight into their fitness and performance with The Runners Diary by running coach Matt Fitzgerald. This two-color training diary offers plenty of space for key data like mileage, workout time, pacesplits, heart rate, intensity, aches and pains, notes, and workout enjoyment ratings. The Runners Diary is much more than a record of past training; its a tool to help runners improve. Guidelines help runners design their own season-long training plan while Fitzgeralds Target Pace Level and Intensity Factor systems help runners make sure they are on track and gaining fitness from every run. The Runners Diary also includes handy pace charts, weekly tips, and a daily nutrition monitor. Best of all, The Runners Diary is undated, so runners can pick up a copy whenever their season begins. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Spiral-bound.



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