



Dream. Believe. Achieve.: Complete Daily Runner s Log Book

By Sebastian Elliott

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.This book can make an incredibly positive impact on your running Put together to address both your physical and emotional needs as a runner -- with room for notes and observations beyond what typical running logs offer - Dream. Believe. Achieve. can make a big difference in your physical and mental performance as a runner. Dream. Believe. Achieve. does not have pre-printed dates (so you can start using it any day of the year) and includes: =>a 52 week log designed for easy recording of vital daily information like distance ran to time spent running to route run to weekly goals =>weekly wrap-up sections for analysis to help you get more physically and emotionally from your running =>race logs to help you celebrate and learn from your participation in races =>a footwear log so you know when to change out your shoes and to help you determine which shoes best suit your personal needs =>over 50 motivational quotes and tips =>and more As a runner, you will be very happy you purchased Dream. Believe. Achieve. And, consider buying...



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