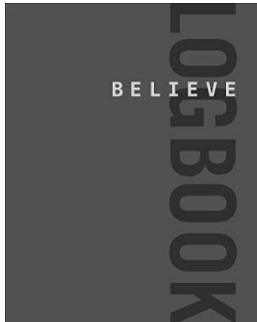


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BELIEVE LOGBOOK (PAPERBACK)



VELOPRESS, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book. The Believe Logbook offers an open, customizable design that helps runners focus, plan, record, and ready themselves. This Logbook includes just the essentials: an undated annual calendar and undated daily and weekly running logs for up to 6 months of running. Professional runners Lauren Fleshman and Roisin McGettigan-Dumas have spent nearly a decade refining their popular Believe Training Journal into the best old-school training log for new-school..

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