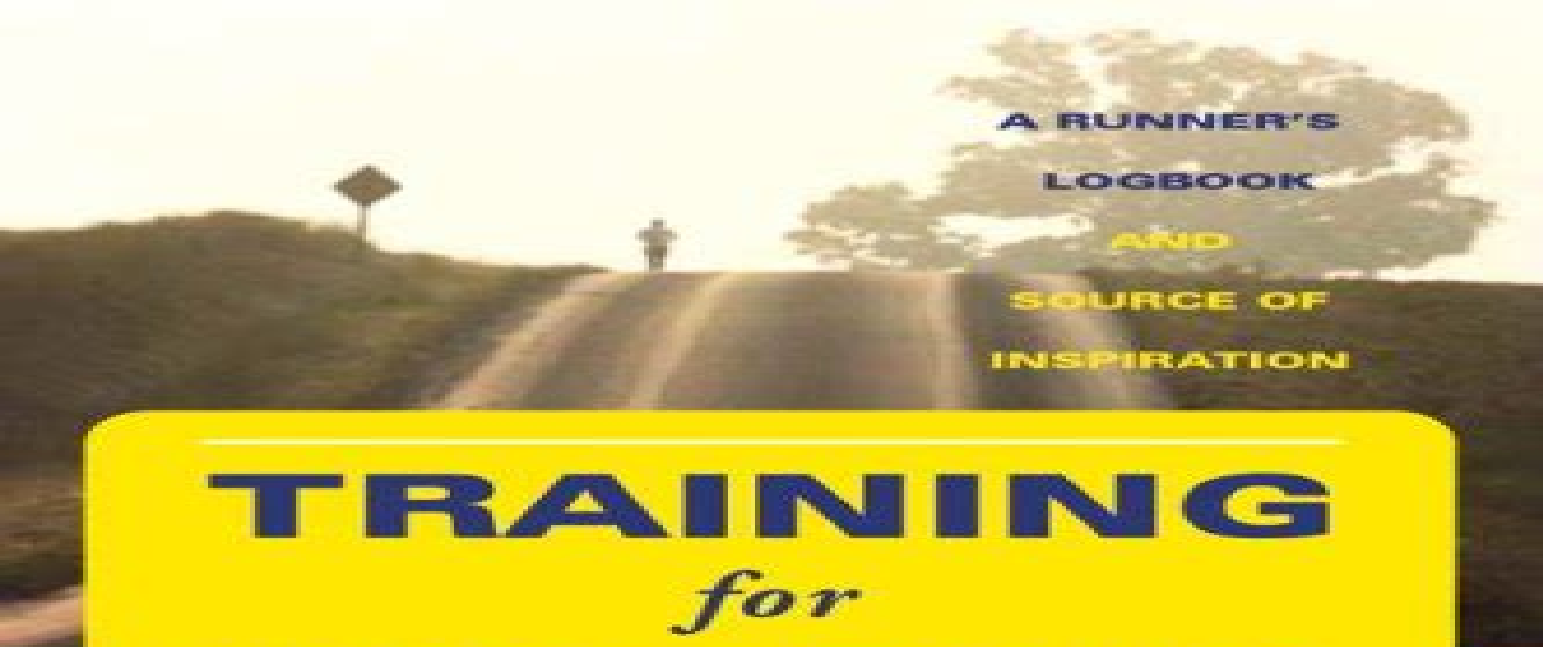




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John "The Penguin" Bingham

Runner's World columnist and co-author of *Marathonning for Mortals*

and

Coach Jenny Hadfield

Health Magazine columnist and co-author of *Marathonning for Mortals*

Training For Mortals A Runners Logbook And Source Of Inspiration

John Bingham,Jenny Hadfield



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Training for Mortals John Bingham, Jenny Hadfield, 2007-04 A new logbook and training guide from the authors of *Marathoning for Mortals* [Run with Inspiration Log Book](#) Kandi Nelson, 2019-12-20 Running log features lots of space for recording times date distance hour and notes Get on the right track and speed past your running goals Flexible dates so you can log at your own pace Whether you re aiming for faster time long distance or just to have more fun this journal supports your journey as a runner lets you log your runs so you can follow your progress week to week The modern design makes it easy to write down Stay motivated with a list of your goals and personal records Going strong Get a pick me up on motivation Practical tips Weekly tips and fun facts help you improve your running skills and take care of your body Focus your body and mind to reach your running goals Size 6 x 9 inches Page 100 pages **Running Log Book** Copter Publishing, 2018-07-06 Best Gifts Idea For Runner Ready to take your running to the next level Then grab one of our running log books today Journaling your runs is not only an excellent way to stay motivated as a great training tool it can also enhance your personal performance Tracking your runs might require some extra effort in the beginning but in a few weeks you ll start reaping the benefits of sticking with it Here s a lot more reasons for you to get our Running Log Book VERSATILE For many runners what starts as a simple log grows into a personal and lasting running diary Keeping a running logbook can be a great training tool too Along the way the reviewing of training details will help keep you on target for success So whether they re training for a marathon or just trying to stay in shape this journal is the ideal gift for them USEFUL CONVENIENT Keeping a diary helps you keep track of your running progress What better way to write a journal than doing it the old fashion way There s nothing more personal than journaling with a pen and paper Simple and easy to use the undated two pager per week layout is waiting to be filled with 52 Weeks with sections for Route Distance Time Speed Burned Calories Run Type Heart Rate Cumulative Distance Cumulative Hours Weekly Summary A NOTEBOOK BUILT TO LAST We want your journal to last a long time so you can always look back on your previous entries without the worry that it will fall apart The sturdy cover is made of tough paperback with strong secure professional trade binding so the pages won t fall out after a few months of use WELL CRAFTED INTERIOR With a page to input personal details and 104 pages 2 pages week to record your daily entries we only used thick white paper to avoid ink bleed through The columns are clearly marked to make it easy to fill out and to cross reference PERFECT SIZE With its 15 24 x 22 86 cm 6 x 9 dimensions you can squeeze it into a purse with ease Lightweight and durable it s the perfect size to carry COOL COVERS To top it all we have an array of cover designs for you to choose from Get inspired by our collection of truly creative book covers We stand for quality and aim to provide the best writing experience with our notebooks Get a Running Log Book for you or a special someone As running becomes a more regular form of exercise looking back at how many miles you ve covered can be a source of both fun and motivation Get a copy now **All You Need Is Run** Susan Bouce, 2018-07-06 Best Gifts Idea For Runner Ready to take your

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Reviewing **Training For Mortals A Runners Logbook And Source Of Inspiration**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Training For Mortals A Runners Logbook And Source Of Inspiration**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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