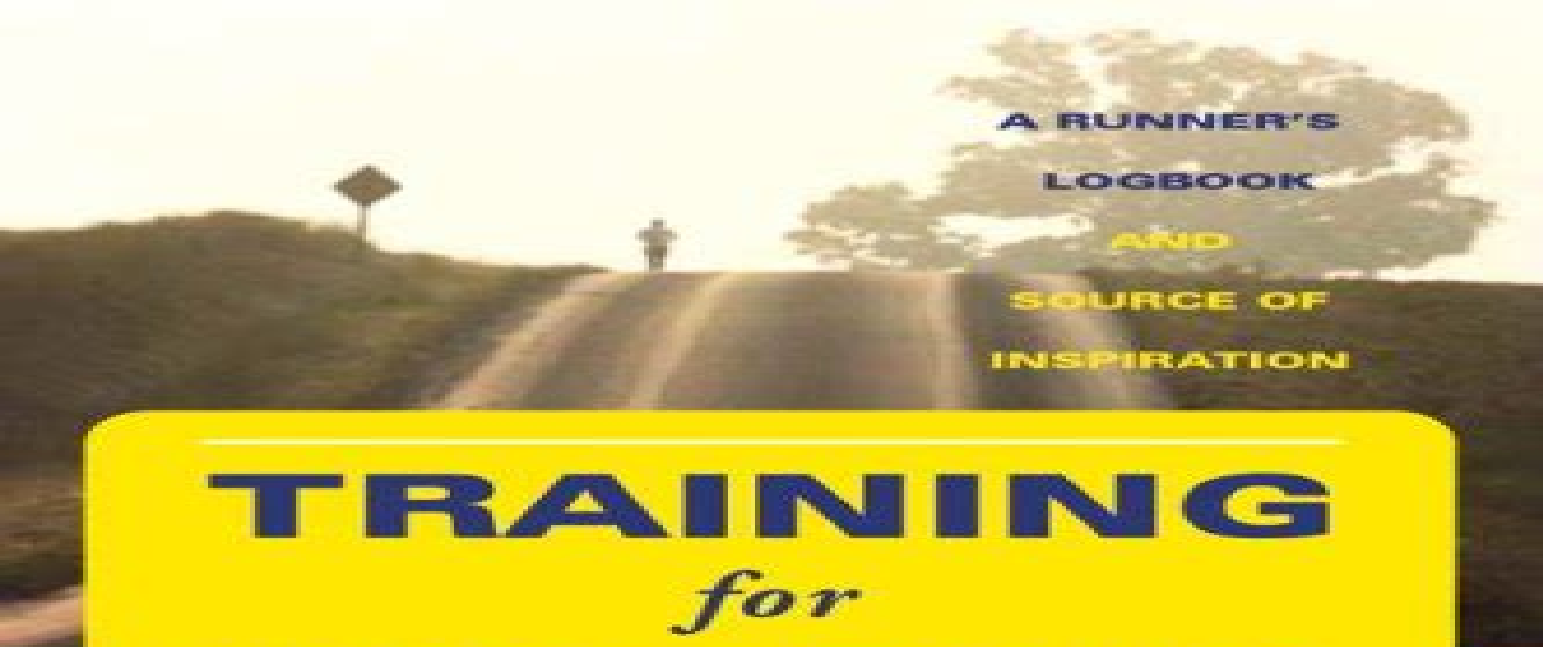




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struggle is a sheer lack of motivation Similarly athletes and seasoned runners often face the same challenge and this makes their practice seem like a punishment making it less effective fruitful or sustainable in the long term Ever wondered why you never get used to waking up early to run Ever wondered why you re not seeing progress from your sessions Or as a beginner have you been wondering why it s difficult to keep up with your expectations Perhaps you re finding it challenging to picture yourself running for more than a few weeks I m sure you have and that s why this book brings to you an amazing solution According to experts a simple practice of regular meticulous logging of the most important variables in running workouts is the best way to get yourself motivated enough to keep going and looking forward to your workouts each day as well as maintaining the discipline to achieve your goals faster But how do you get started How do you do it If you re wondering the same then what this journal contains will astound and inspire you Here s a snapshot Well structured weekly progress calendar High quality pages facilitating the ease of recording 120 pages to facilitate both short and long term goals going up to 120 weeks Flexible dates and other variables to ensure you move at your own pace And much more So it doesn t matter whether you are just getting started or have been running for a while as this book is aimed at helping you stay updated motivated and in control of your workouts for the best results Being a beginner advanced level guide this log book is simple fun and practical enough to work for you no matter who you are Click Buy Now to get your copy and transform your workouts today

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