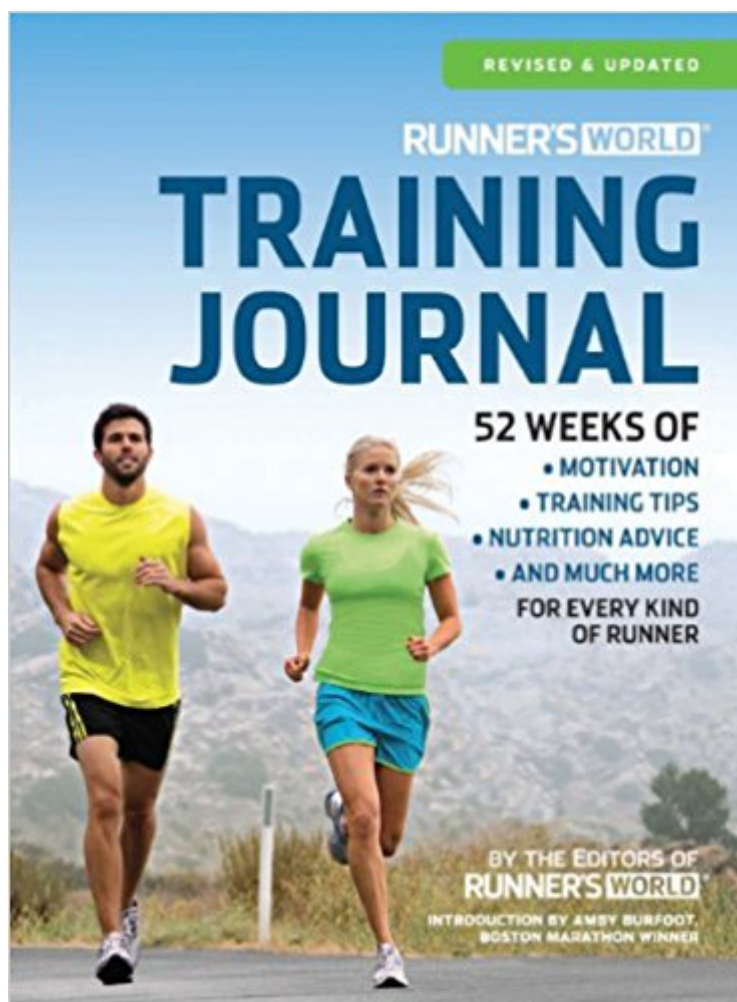


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Runner's World Training Journal: A Daily Dose Of Motivation, Training Tips & Running Wisdom For Every Kind Of Runner--From Fitness Runners To Competitive Racers





Synopsis

A revised edition of the ultimate week-by-week training journal for runners of all abilities—featuring advice from the top experts in the sport *Runner's World Training Journal* - by the Editors of *Runner's World* - provides the perfect framework to help every kind of runner, from fitness joggers to competitive racers, track a year's worth of runs. This updated and revised version includes the latest tips, advice, and motivation from the pros to keep runners going all year long. With space for recording daily routes, mileage, times, and notes—as well as weekly doses of information on training, nutrition, and injury prevention—readers can track their progress as they achieve their running goals, whether they seek better aerobic conditioning, weight loss, or world records. The only runner's training journal with full-color photos throughout and top-notch tips from the experts at *Runner's World*, this handsomely redesigned journal provides: • Smear-proof paper and a handy spiral binding for ease of use • Ample space for readers to record facts about each day's run—including route, distance, time, and cross-training—and to note how they felt at the time • A Week-at-a-Glance feature that helps runners summarize their weekly training quickly and easily • Advice for runners on how to analyze their data and set new goals for the next year

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Customer Reviews

“Training logs accept all workouts equally, the low key and boring as well as the sensational. Start to fill these empty spaces.” —Amby Burfoot, winner of the Boston

Marathon and executive editor of Runner's World --This text refers to an alternate Spiral-bound edition.

After nearly four decades of running, more than 100,000 miles logged and something like 12,000 separate entries in my training journals, I have three favorite days: one, the day I won the Boston Marathon (of course); two, the day i got married (of course); and three, the day I got married again (hey, no one's perfect, and the second time around was particularly sweet). Here, in short, is what I wrote in each of those three log entries. April 19, 1968: "27 miles, including 26.2 miles in Boston Marathon. I won! Felt great the whole way until side stitch the last 2 miles. But I struggled through it." November 1, 1970: "20 miles, really hard, with a bunch of my running friends who are here for the wedding. The last 5 miles, we were practically racing. What a competitive group!" July 4, 1995: "3-mile jog in the Groton Long Point July 4th fun run with Cristina, Gary, Dan, Laura, Bill and Jeff. A gorgeous sunny, dry day. We couldn't have hoped for anything better." [Note--The names mentioned, in order: the woman I would marry several hours later; my brother, who performed the ceremony; my two teenage kids; my brother-in-law; my nephew.] My changing priorities are clear. Once I ran for speed and distance. Now I run for health and friendship and release--to enjoy 30 or 40 minutes away from the phone and the computer. I still seek challenge on occasion, and still enter races when they appeal to me. But mostly I run to clear my head of the day's swirling activities and to enjoy the wondrous thoughts and images that rush in to fill the void. I hate to admit it, but I've never been any good at keeping a journal--one of those personal diaries that chronicles all the highs and lows of a life. Instead, my best efforts have gone into my training logs. There's no screenplay or Pulitzer Prize in the dozens of these logs I've kept over the years, arranged a bit haphazardly across the bottom tier of a bookcase, but they're good friends, and that counts for a lot. Thumbing through the pages, I'm carried instantly to the places I've run and the people who have sweated at my side. In high school, we ran through --This text refers to an alternate Spiral-bound edition.

This is the perfect journal for training and running. In 2012 I used the older version to track all of my training up to the Chicago Marathon and it was great for logging total miles/weekly miles and all my races. It is a 52 week journal and you fill in the dates. You open the book, lay it flat and each week spans the two pages. There are nice motivational quotes and tips. I do use an online training tracker with my Garmin, but this allows you to have an accessible tool for planning your weeks and miles. It was particularly useful for me with my desk calendar tracking the 16 week Hal Hogden preparation for a marathon. Recording aches and pains those weeks with over 50 miles is nice to review so you

can get a handle on what works best with your body recovery planning after big races. Overall, it is a handy tool and it is pretty cool seeing the miles add up when you get to December.

Fabulous running training book, or just to keep track of what you've done for the year. I'm so please because I bought mine used and it looks brand new. I cannot wait until 1 year has gone by so I can look at what I've chronicled. This is an accomplishment for me as I am into weight training but always afraid of any distance running because of arthritis in both knees adding patella femoral syndrome in right knee. Thing is, most people with arthritis don't know that weight bearing exercises actually "strengthen" your knees/joints. If I go too many days without exercise, especially running, that's when I feel the cracking and mild stiffness. But the working out and running just oils my joints up... "LITERALLY" GREAT BOOK TO BUY!

I'm currently using a second RW log because I like it so much. Previously I used a log by Bob Glover and then some other kind but the RW training journal is definitely better than others. I read RW both online and in a paper magazine format and I always enjoy it and having this journal/ log is a little like reading the RW every day - there are lots of useful tips and advice on every page. There are also pages devoted to our own race info, info on shoes we're going to use throughout a given year and there's also some space for 'rave runs' and that's something every runner does experience now and then. A huge upside for me is also how colorful this log is - it's quite energizing to flip through it, jot down some information about running and get some daily inspiration from the pictures of fit people and great runners' quotes. I would love more space for every day entries but it's just a minor downside. I've just ordered two more copies of the journal, so I'm def. going to use it in the near future.

Great journal, I love it! Just like the one I tracked in last year. Unfortunately this one arrived upside down ãfÂ ã Å,ã â,,çã Æ' in spiral notebook. No way to correct, too much trouble to send back so guess I'll keep it. ãfÂ ã Å,ã Ëœã Â• Kinda pricey for printing mistakes like this.

It is always difficult to select a journal online. However, I was pleasantly surprised. This journal is exactly what I wanted. I worried how much space is allotted each week to track progress. But thankfully, I found it to have enough space for each day to record my runs and cross training, and a large section for other weekly notes. It has interesting quotes and tips for each week which is entertaining. The only thing that I needed to change about the book is the cover. I wanted it to feel

like more of a journal than a book, so by putting on a different sleeve. Although a small thing, it was very satisfying. Overall I suggest this journal to other runners who want to monitor their progress.

just wanted a running log

I used this journal, then tried another (the original Runners World Training Diary, red cover) and hated it. I'm back to this and will never stray! The format is cleaner and more inviting, I enjoy the tips and quotes, and like the additional information and spaces to keep track of shoes and races in the back.

Great journal, plenty of space to record what run/exercise I did. I like that it does not come pre populated with dates so I can add my own. I like to not only record my runs but other work out routines I do at the gym. Has a great are to record race results, shoes you purchases, and lots of tips throughout the book.

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