



Runner's World Training Journal for Beginners: 52 Weeks of Motivation, Training Tips, Nutrition Advice, and Much More for Runners Who Are Just Starting Out

Editors of Runner's World

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Runner's World Training Journal for Beginners provides the perfect framework to help new runners track a year's worth of runs, while providing them with the necessary structure and information to be the best runners they can be. Tailored to meet the unique needs of today's growing masses of new runners, this training journal includes the latest tips, advice, and motivation from the pros to keep runners going all year long. Using space provided for recording daily routes, mileage, times, and notes—as well as providing basic tips on training, nutrition, and injury prevention—runners will be able to track their progress as they achieve their running goals. Plus, peppered throughout the journal, readers will find inspiring quotes and testimonials from celebrity runners or running enthusiasts, as well as a dozen poignant profiles of "real people" who have overcome weight issues, illness, or their own worst fears by lacing up to start running.

The result is a daily dose of inspiration and running wisdom that will help new runners track a year's worth of runs and reach all their goals—whether they seek better aerobic conditioning, weight loss, or world records.

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