Total Runners Log: The Essential Training Tool for the Runner (3rd Revised edition)

By Sharon Svensson

Trimarket Company. Paperback. Book Condition: new. BRAND NEW, Total Runners Log: The Essential Training Tool for the Runner (3rd Revised edition), Sharon Svensson, This log is a comprehensive 102-page fitness manual and logbook, specifically for runners. Light-weight and easy-to-carry, it is a daily training companion, which is useful every day of the year. Conforming to the latest advances in exercise physiology, it's an indispensable, year-round information source and record keeper. Featuring an undated 53-week logbook with training and racing secrets of top running authorities. You will learn how to: Run faster; Live healthier; Avoid overtraining; Run effective intervals; Develop racing strategies; Prevent burn-out and injury; Improve your speed and endurance; Avoid dehydration in training and racing; Pace for 5 km, 10 km and marathon races.

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