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# Marathon Training Journal Training Journal

**S Ben Porath**



## **Marathon Training Journal Training Journal:**

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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 A mple 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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