

The Great Northwest Runner's Training Log 52-Week Edition©

BY E.NEIL CULBERTSON

Inside You'll Find...

- ✓ Races I Plan To Run chart
- ✓ Pace Charts from 4:45 minute mile pace to 13 minute miles
- ✓ Daily Sport Planner/Record
- ✓ Interval Training Planner/Record
- ✓ 52-Week Graph for charting Total Weekly Miles & Long Runs
- ✓ My Favorite Courses chart
- ✓ Strength Training Section for 72 weeks @ 3-4 times in the Gym