



## **2017 Running Log: Track your running schedule, training and races for 2017**

*Frances P Robinson*

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The 2017 Running Log has two sections with fill in the blank pages. The first includes the following: -Name of Race -Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The last section has 52 weeks of pages (enough for one full year) and includes the following to track your daily running progress: - Time (remaining) before event -Running Route Name Run Type Distance Time Pace Type Shoes Body Weight Average Heart Rate Resting Heart Rate Temperature Track the details of your running data in the 2017 Running Log and it will be easier to view progress and achieve your goals.

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