

Believe Training Journal



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(Prof. Alexandro Runolfsson)

BELIEVE TRAINING JOURNAL



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VeloPress. Paperback. Book Condition: new. BRAND NEW, Believe Training Journal, Lauren Fleshman, Roisin McGettigan-Dumas, Runners will be amazed at where a year can take them with help from the all-new Believe Training Journal by professional runners Lauren Fleshman and Roisin McGettigan-Dumas. The Believe Training Journal is a year-long workbook, training log, and how-to manual designed by Lauren and Ro to help runners push harder, find the sweet spot, and use running to make life even better. The Believe Training Journal is packed with photographs, hand-written notes, practical advice, and the hard-earned secrets and street smarts that Fleshman and Ro have learned on the pro running circuit. The book's beautiful pages are functional too, helping runners set season and race goals, plan and record runs, see what works and what doesn't, keep honest when no one's looking, and prove when the work's been done. Running offers a personal journey and with the Believe Training Journal, runners will gain the confidence and inspiration to go farther.



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