



The Runner's Training Diary For Dummies

By Allen St.John

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, The Runner's Training Diary For Dummies, Allen St.John, The training diary that gives you that extra push to hit your stride. This new, spiral-bound journal is just the ticket to help runners track and monitor their training progres. It features a 52-week calendar that you can customize to your own schedule and needs, plus expert advice on many health-related issues.



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