

*that begs to be scratched*  
**LIVE TRAIN**

*mean big. Run toward your*  
**CONNECT ADAPT**

*is a friend that shapes you*  
**ROUND COMPETE**

*practice*  
**ECT BELIEVE.**

**TRAINING JOURNAL**

*BY PRO*  
**RUNNERS** *Laura & Al*

Lauren Fleshman

## Believe Training Journal (Classic Red, Updated Edition)



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Now matching the interior of the charcoal and lavender editions, this new updated Believe Schooling Journal in the favorite Classic Red color can help runners arranged goals, see what really works and what doesn't, keep their heads in the game, stay honest when no one's searching, and prove once the function's been done. Top runners say you can find few training equipment as valuable as a good schooling diary for the insights they can reveal. Lauren and Ro created their first Believe We Am training diary when they couldn't look for a workout log that inspired them to maintain using it. The Believe Training Journal by professional runners Lauren Fleshman and Roisin McGettigan-Dumas is much greater than a running workout log; Runners of most abilities will be surprised at where a year may take them with help from the brand new Believe Schooling Journals. The Journal contains: an undated annual calendar, undated daily and weekly running logs, how to use a training log, how to arranged goals, how personality affects performance, how to design a training plan, twelve key workouts, tips on fueling, a new way to think about body image, mental strategies for competition, dealing with adversity, setting great mental practices, recovery strategies, reflecting on the past season, and creating positive working organizations. This updated Classic Red edition includes the series favorite photographs and design, hand-written notes, practical advice, and the hard-earned secrets and lessons that Lauren and Ro have discovered on the pro running circuit. Also fresh in this edition are Lauren's killa core routine and Ro's favorite post-run yoga poses. it's a key weapon. With a smart, functional design, the Believe Training Journal guides runners through their season, helping set goals, plan training weeks, record daily workouts, and keep runners focused.



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