

*h that begs to be scratched.*

**WAVE TRAIN**

*dream big. Run toward your*

**CONNECT ADAPT**

*to a friend that shapes you.*

**ROUND COMPETE**

*practice.*

**EFFECT BELIEVE.**

**TRAINING JOURNAL**

BY PRO  
RUNNERS *Lauren & Al*

Lauren Fleshman and  
Believe Training Journal (Bright Teal Edition)



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believe in yourself. Believe in your teaching; Get motivated to become the runner you had been meant to be with the brand new Believe Training Journal (Bright Teal Edition) by pro runners Lauren Fleshman and Roisin McGettigan-Dumas. Lauren and Ro talk about their wisdom and knowledge throughout the journal?with thought-provoking insight on how best to define goals, how to respect your body, how to approach adversity, and how to get mentally hard for competition?all to assist you find balance in your working and become a healthier, happier, and better athlete. The journal presents a full season of undated weeks, an annual calendar, worksheets, quizzes, lists, and a lot of space for notes. Motivated by their own training and racing strategies, Lauren and Ro provide a training journal that has it all: designated grids for recording data and times in addition to space to process and dream. Top runners know an excellent training diary is certainly invaluable for the insights they are able to reveal. The Believe Teaching Journal (Bright Teal Edition) can help you explore your athletic side and pursue your own running journey.



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Great Journal I usually don't like training journals. They're often restrictive, or there isn't enough room to record what I wish to, or they simply get tedious generally. I'm also savoring the sections of the book which has training and additional educational information - it doesn't take up lots of area in the reserve, but is a good compliment. I take advantage of the recap as a lessons learned or a celebration section. For size reference, I used an image of my sweet aged beagle with the journal. I'm dealing with some accidental injuries and am not running right now, however I am still using this journal. The cover is certainly soft and seems long lasting. I especially appreciate the goal-setting prompts and undated weekly logs. (I definitely wouldn't possess leaned it up against him if it got a hard, pointy cover.) Love this training journal I was using a plain notebook to track my improvement - which was great, but I love this teaching journal better. I love the prompts to create goals, the invitation to note a focus weekly and an area for a recap every week. It's a good mixture of helpful information, motivation, and a lot of space to create. The journal is an excellent size-- not too large or too small-- and it comes with an attached bookmark, which is very helpful when vacationing with it since I frequently forget to bring scrap paper or anything else to mark my web page. I create what I'm doing so far as training in each section and take note the effort level etc. I love that I can return back and look at progress weekly at the same time. This one's different, and I really like it. Love it! Love how it is organized and I can write in every my workouts as well as map out goals. Great for runners needing accountability Ordered for forthcoming marathon in 16 weeks. Perfect gift for all runners requiring accountability!



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