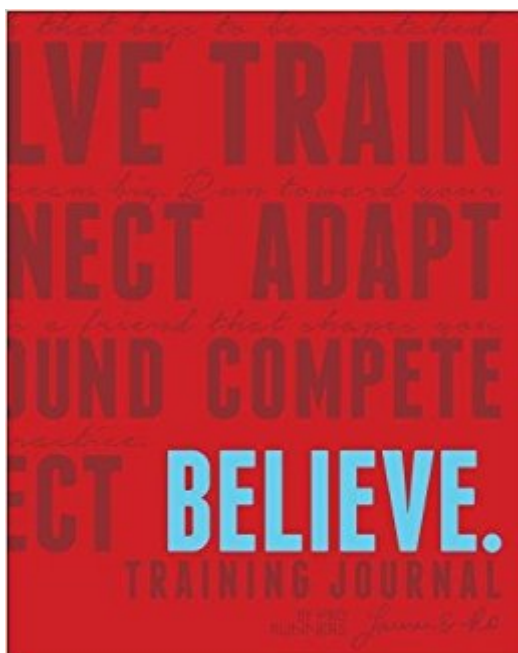


The book was found

Believe Training Journal (Classic Red, Updated Edition)



Synopsis

The Believe Training Journal by professional runners Lauren Fleshman and Roisin McGettigan-Dumas is much more than a running workout log; it's a secret weapon. Lauren and Ro created their first Believe I Am training diary when they couldn't find a workout log that inspired them to keep using it. Now matching the interior of the charcoal and lavender editions, this new updated Believe Training Journal in the popular Classic Red color will help runners set goals, see what works and what doesn't, keep their heads in the game, stay honest when no one's looking, and prove when the work's been done. 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. The Journal includes: an undated annual calendar, undated daily and weekly running logs, how to use a training log, how to set goals, how personality affects performance, how to design a training plan, a dozen key workouts, tips on fueling, a new way to think about body image, mental tips for competition, dealing with adversity, setting good mental habits, recovery strategies, reflecting on the past season, and creating positive running groups. This updated Classic Red edition comes with the series favorite photographs and design, hand-written notes, practical advice, and the hard-earned secrets and lessons that Lauren and Ro have learned on the pro running circuit. Also new in this edition are Lauren's killa core routine and Ro's favorite post-run yoga poses. Top runners say there are few training tools as valuable as a good training diary for the insights they can reveal. Runners of all abilities will be amazed at where a year can take them with help from the new Believe Training Journals.

Book Information

Series: Believe Training Journal

Paperback: 240 pages

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Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #50,803 in Books (See Top 100 in Books) #76 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #108 in Books > Sports & Outdoors >

Customer Reviews

“Believe Training Journal is more than just your typical training log. A comprehensive, well-designed book. Our favorite training log yet. If you’re in the marketing for a new physical training log and you need a little more inspiration to get out the door every day, try Believe Training Journal. Runner’s World. “Fleshman and McGettigan-Dumas have successfully meshed two beneficial training concepts: a way to log your daily miles and space to write and reflect on your runner self. For runner girls in need of a new coach, travel companion, or run bud that never complains, this leather-bound journal is a perfect choice. Competitor magazine. “Record progress alongside daily inspiration and tips from pro women runners. SELF magazine. “Give your runner the training secrets of Olympians. Designed by pro runners Lauren Fleshman and Ro McGettigan, the Believe I Am Training Journal encourages runners to think holistically about their training. The inspiring visual cues, tips, goal-setting worksheets and bigger picture pages make this a training log like no other. Active.com. “Anyone who’s committing to run a race in 2013 will benefit from this cute Believe I Am Training Journal. Designed by pro athletes Lauren Fleshman and Ro McGettigan, not only is the format ideal for a training diary, but it’s also thin enough to toss in any purse or gym bag when you’re on the go! Fit Sugar. “Folks who love monitoring every last detail of their workouts will dig this training-focused journal [which is] a guidebook focused on helping female athletes get their bodies and minds on the same page when it comes to setting running goals. Whether you want to run a 5K or complete your first marathon, this journal will help you figure out your blind spots and avoid race day anxiety. DailyBurn.com. “Believe Training Journal is a workbook and training log that also includes notes, photos, plus pro tips and secrets, all in a gorgeous format. Sweet. Fit Bottomed Girls. “Just started dating a sporty woman? Go for something low-key yet thoughtful like this inspirational [Believe I Am] training journal. If she’s training for her very first 5K or her 10th marathon, she can track her progress on the cute illustrated pages. With goal-setting tips and worksheets, motivational advice from female athletes, and blank pages for her to record her thoughts about running, or just life in general, this comprehensive diary will make getting to the finish line way more fun. Men’s Fitness. “This book reveals that it is something a little bit different. It is definitely a unique and well thought-out format. A book by

runners, for runners. [Athletics Weekly](#) "While everybody is oohing and aahing over Apple's newest release, we're salivating over the new Believe Training Journal. Written and illustrated by the witty, insightful, and talented Ro McGettigan and Lauren Fleshman, this journal helps you beautifully document your workouts, as well as your goals, your setbacks, your achievements, your life. [AnotherMotherRunner.com](#)

"We were simply smitten with the Believe I Am Training Journal. We review a lot of different workout products, but this one really stood out for doing more than just tracking facts and miles. It gives women a place to dream, feel and doodle. It gives them a place to not just reach their fitness goals but to feel proud about themselves inside and out! [Fit Bottomed Girls](#)

"Amazing quotes and great info! [Paula Radcliffe](#), marathon world record holder, 3-time London Marathon winner, 2005 marathon world champion

"2015 dreaming starts now. Thanks for the inspiration to keep moving forward! [Linsey Corbin](#), professional triathlete with 24 podium finishes at Ironman and Ironman 70.3 races

"I've kept a running log for the last 11 years and the Believe I Am Training Journal has been my favorite. It's not just a space to log miles but a journal to map out the year's plans, details, and dreams while encouraging a positive mind-set along the way! [Molly Huddle](#), U.S. Olympian and 5K record holder

"I keep my Believe I Am Training Journal to track my training and progress. Keeping a journal allows me to gain confidence when I look back on what I have done and shows how I have prepared for a racing season. It also allows me to look back and take note if there are periods when I didn't feel as good so I can recognise this and adjust accordingly. [Mary Cullen](#), NCAA Champion and European Medalist

"Their instruction [in Believe Training Journal] is completely void of elitist rhetoric, and comes across more like that one trusted friend and training partner who has the guts to say what you need to hear. [TriEdge.net](#)

The beloved Classic Red Believe Training Journal gets an update for 2017.

Great information and a place to track and journal your runs. Perfect for any racer!

Really like the cover texture and quality

Highly recommend. It motivates me to workout and run so I can write in it.

Great journal with lots of inspiring information. I use it daily to track my runs, and I love the layout of the fields.

Very nice

Got it for my mom and she loves it. It was very inspirational for her training journey

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