

Running enthusiasts will love this calendar. "Shape magazine" Marty Jerome's calendar is the gold standard by which all other training logs are judged. It is, simply put, the best, most comprehensive training companion logbook on the market. "John Bingham, Runner's World columnist" "A must for any runner." "Minneapolis Tribune" The 2007 edition of this classic log and calendar, the only one tailored to runners of all levels, includes space for tracking daily and weekly mileage, as well as time, body weight, route, temperature, and improvements a race record, with spaces for dates, places, distances, times, mile paces, and comments and excuses a quick reference chart for split times, from one mile to the marathon training tips and monthly essays by Marty Jerome on topics including speed training, trail running, interval workouts, and injury prevention photographs of runners from all over the world humorous and motivational aphorisms from a variety of thinkers and runners

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