

Map My Run

My Running Journal

Map My Trail Run Yellow Nature Journal with Wide Lines, Blank Spaces & Graph Paper for Hiking Trails, Running Trails - ALL Trails All Runners Trail Blazers,2019-07-28 This Nature Journal is the best way to map my run log all your trails in fact wherever your trail running shoes take you. Whether you're hiking, running or even achieving a bit of mountain climbing on your trail - there is space here to remember it all. BUY NOW This perfect trail notebook contains, Wide Lines, Blank Spaces & Graph Paper so it can be used as a hike log, trail journal, sketch book or all three. In fact it suits any combination that suits you. Measuring in at 6 x 9 keeps this notebook in travel size, well suited for your bag or backpack while you focus on experiencing your trail and collecting memories. Add to Cart Within a beautiful cover there are 100 prompt free pages leaving it up to you to decide what you would like to record about your adventure trails. Maybe a wish list for your trail running gear, trail quotes or to keep track of trail running races, trail running tips or your trail running calendar - all trail running essentials Uniquely the 100 white pages are divided between two sections, wide lines and blank spaces. Wide lines: for the Nitty Gritty details of the hiking trails: Trail name, how you got there, date, location, coordinates, distance, start/end time, weather, difficulty rating, conditions, elevation, what would make it better next time. For journaling notes your Personal reflections about the trail: Who was with you, mishaps, sights, wildlife, lunar phases, the stars in fact any Highlight you feel is an important trail feature. And Blank Spaces for your First impressions, drawings, doodling's, photos, anecdotes, receipts, pressed flowers or fauna Not forgetting bonus Graph paper so you can map your trail too. Remember hiking trails near you & or document special places where magical moments swept you off your trail running zapatillas, taking your breath away. Get Buying Perfect for recording and remembering your trail running, trail running training or hikes taken with the family, friends or on your own. This will make a great gift for runners, trail walkers, or trail creators that you know and admire. Best journal for trail or hiking enthusiasts, mountain climbers, yourself, or a birthday gift, Christmas present in fact perfect for any celebration. Take me to the cart

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Map My Trail Run Nature Journal with Wide Lines, Blank Spaces & Graph Paper for Hiking Trails, Running Trails - ALL Trails for Getting Dirty Trail Blazers,2019-08-15 This Nature Journal is the best way to map my run log all your trails in fact wherever your trail running shoes take you. Whether you're hiking, running or even achieving a bit of mountain climbing on your trail - there is space here to remember it all. BUY NOW This perfect trail notebook contains, Wide Lines, Blank Spaces & Graph Paper so it can be used as a hike log, trail journal, sketch book or all three. In fact it suits any combination that suits you. Measuring in at 6 x 9 keeps this notebook in travel size, well suited for your bag or backpack while you focus on experiencing your trail and collecting memories. Add to Cart Within a beautiful cover there are 100 prompt free pages leaving it up to you to decide what you would like to record about your adventure trails. Maybe a wish list for your trail running gear, trail quotes or to keep track of trail running races, trail running tips or your trail running calendar - all trail running essentials Uniquely the 100 white pages are divided between two sections, wide lines and blank spaces. Wide lines: for the Nitty Gritty details of the hiking trails: Trail name, how you got there, date, location, coordinates, distance, start/end time, weather, difficulty rating, conditions, elevation, what would make it better next time. For journaling notes your Personal reflections about the trail: Who was with you, mishaps, sights, wildlife, lunar phases, the stars in fact any Highlight you feel is an important trail feature. And Blank Spaces for your First impressions, drawings, doodling's, photos, anecdotes, receipts, pressed flowers or fauna Not forgetting bonus Graph paper so you can map your trail too. Remember hiking trails near you & or document special places where

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The Complete Idiot's Guide to Barefoot Running Dr. Craig Richards,Thomas Hollowell,2011-02-01 Enhanced running - naturally. For 30 years runners have been told that their only hope of salvation from injury is an expensive shoe - until now. The barefoot running and minimalist-footwear revolution is here and it is turning the world of running upside down. ? Offers expert advice on how to run barefoot and strengthen atrophied muscles and revitalize super-sensitive soles ? A Harvard University study made from early 2010 shows that barefoot running is better for the body and feet than running in expensive shoes

The Dam Run V. A. Riccasola,2016-05-31 Some days we are inspired to run and some days we run and it inspires us. This book is both sides of that coin; the run and the inspiration. It is a book for everyone whether you run or not. It is about being inspired to do hard things. It is about finding the strength inside you when you think you have none. It is about knowing you are good enough; that your efforts count. Read it and reflect. You may be surprised to realize whom you inspire and who inspires you... and if you are inspired to run, all the better!

Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program) Jason R. Rich,2015-09-09 Book + Content Update Program Apple Watch and iPhone Fitness Tips and Tricks contains hundreds of tips and tricks you can use with the new Apple Watch and your iPhone to create a powerful personal health and fitness system that can help you get fit, and stay fit. You'll learn how to use Apple's new technologies to track your performance, strengthen your motivation, reduce your stress, and improve your diet. You'll learn how to use the Apple Watch and iPhone with everything from Bluetooth-compatible workout equipment to third-party exercise and nutrition apps. Easy to understand and nontechnical, this book is ideal for beginners, as well as more experienced Apple Watch and iPhone users who are fitness-, health-, or nutrition-minded and want to reduce their stress, lose weight, sleep better, build muscle, and live a healthier lifestyle. In addition, this book is part of Que's Content Update Program. As Apple updates features of the Apple Watch and iPhone, sections of this book will be updated or new sections will be added to match the updates to the software. The updates will be delivered to you via a FREE Web Edition of this book, which can be accessed with any Internet connection. How to access the free Web Edition: Follow the instructions within the book to learn how to register your book to get the FREE Web Edition. Author Jason Rich is the best-selling author of more than 55 books. Rich will help you learn to: • Through in-depth and exclusive interviews with world-renowned health and fitness experts, learn how to succeed in your fitness, diet, and health goals • Define achievable goals, and use your iPhone and Apple Watch to work toward them • Use the built-in Health app to collect, view, analyze, store, or share health and fitness data • Customize your Apple Watch to display fitness information whenever you want it • Wirelessly link a scale, treadmill, fitness tracker, and medical devices to your iPhone • Discover great tracking and performance tools for cyclists, runners, and walkers • Track what you eat, and become more mindful about nutrition • Discover mind/body tools for improving focus and reducing stress • Monitor your sleep patterns, sleep better, and consistently wake up more rested • Reinforce your motivation with apps, accessories, and music • Set up Medical ID to provide life-saving medical information in an emergency • Make the most of Apple's Activity and Workout apps

Operational Research in the Era of Digital Transformation and Business Analytics Nikolaos F. Matsatsinis,Fotis C. Kitsios,Michael A. Madas,Maria I. Kamariotou,2023-04-04 This proceedings volume presents new methods and applications in Operational Research and Management Science with a special focus on Business Analytics. Featuring selected contributions from the XIV Balkan Conference on Operational Research held in Thessaloniki, Greece in 2020 (BALCOR 2020), it addresses applications and methodological tools or techniques in various areas of Operational Research, such as agent-based modelling, big data and business analytics, data envelopment analysis, data mining, decision support systems, fuzzy systems, game theory, heuristics, metaheuristics and nature inspired optimization algorithms, linear and nonlinear programming, machine learning, multiple criteria decision analysis, network design and optimization, queuing theory, simulation and statistics.

Running Alex Reid,Garry Palmer,2009-09-01 Elite Performance: Running is the second in a new series of Elite Performance titles aimed at aspiring recreational athletes who typically train and compete at club level and above. The increased use of lab-based sports testing in recent years has considerably raised awareness of the impact of sports science on training and performance, and many coaches, trainers and athletes are looking for more information and guidance on how to apply this knowledge to their own training. This approach is at the heart of

the Elite Performance: Running, which includes structuring a training programme, how and when to use different levels of training, the importance of rest and recovery, goal-setting, physiological assessment, principles of heart rate training, and detailed sections on injury prevention/treatment and nutrition. There is also a section on race day preparations and planning. With a practical full-colour design and packed with stunning colour photography, Elite Performance: Running is an indispensable companion for the middle- and long-distance runner, giving them all the information and tools to gain a competitive edge and stay fit.

My Running Journal My Running Journal, 2015-10-10 Designed For Runners Every runner knows that to get faster, run farther and be their best, they need to track their achievements. Not just the races they win but the training that got them there. This running log is designed to ensure you capture the most important information you need to know. Winging it does not lead to success. Track a full year's worth of daily runs with ample space for recording your route, distance, weather, how you felt and much more. You also get a week at a glance summary at the end of each week for quick reference. With each week being undated, you have the flexibility to fill it out as you see fit and let's hope you never use the injury section. Journaling your runs is an excellent way to stay motivated and to enhance personal performance. If you are ready to take your running to the next level then grab your running log today! Scroll up and hit the orange buy button.

Be a Better Runner Sally Edwards, Carl Foster, Roy Wallack, 2011-04 Written by marathoner and Triathlon Hall of Fame inductee, Sally Edwards, Be A Better Runner addresses every possible concern from posture and form to nutrition, footwear and race strategy. You'll learn how to adapt running mechanics such as stride and pacing to your body type and fitness level while specific training regimens prepare you for any type of running event including sprints, distance runs, and marathons. Co-authored with Carl Foster, the former President of the American College of Sports Medicine, Be A Better Runner Every features the latest research in the science of running. You'll learn the latest strategies to boost your performance, train more effectively, and aid post-workout recovery. The latest research on special concerns such as running after age 40, during pregnancy, overtraining in younger runners and preventing amenorrhoea in female distance runners is also highlighted.

Courageous Well-Being for Nurses Donna A. Gaffney, Nicole C. Foster, 2023-09-05 Informed by guidance from 30 nurses from around the world, this book provides readers with the steps you can take to thrive personally and professionally. Recognizing the limits to what individuals can do, this work also covers how to advocate for change at work, at home, and in your community--

My Running Journal My Running Journal, 2015-10-10 Designed For Runners Every runner knows that to get faster, run farther and be their best, they need to track their achievements. Not just the races they win but the training that got them there. This running log is designed to ensure you capture the most important information you need to know. Winging it does not lead to success. Track a full year's worth of daily runs with ample space for recording your route, distance, weather, how you felt and much more. You also get a week at a glance summary at the end of each week for quick reference. With each week being undated, you have the flexibility to fill it out as you see fit and let's hope you never use the injury section. Journaling your runs is an excellent way to stay motivated and to enhance personal performance. If you are ready to take your running to the next level then grab your running log today! Scroll up and hit the orange buy button.

Start Running! A 5k Training Schedule for Beginners Tony Yang, 2012-05-30 You can run a 5K. All you need is 30 minutes three to four times a week. Really. You've taken the first step, by reading this book. Perhaps you've already signed up for a 5K, and don't have the faintest idea what that entails. Perhaps you're setting a personal or professional goal, or you need to get fit for health reasons. Or perhaps, like many, you're sick of being out of breath, tired, and generally feeling uninspired. Much of running is mental, and as long as you keep putting one foot in front of the other, you will succeed in running a 5K.

Run:Walk Pace Tables in Minutes/Mile Kirk Mahoney, 2012-07-01 I love the run:walk method. Hi, I'm Kirk Mahoney, the author of Run:Walk Pace Tables in Minutes/Kilometer. Why did I write this book? I love the run:walk method. I trained for my first marathon with the run:walk ratio of 5:1. I now train regularly with people who use ratios of 10:1, 5:1, and 3:1. My best average pace in training has been with the 1:1 ratio. And, my marathon personal best (PB) came by racing with the 2:1 ratio. But, before I wrote this book, I saw a HUGE gap in the run:walk community. This gap has been causing a lot of unnecessary confusion and unhappiness. This book closes that gap. Is the run:walk method driving you crazy? If you are like me, here is why you love the run:walk method: You get a better workout because you use your muscles differently. You get more variety during a workout or race. You get predictable milestones in a race or training session. You get more stamina. You get fewer injuries. Last but not least, you can get faster chip-times! All of this contributes to greater happiness as an endurance athlete, and I'm all about happier running and walking! Unfortunately, there has been a gap that has driven many of us run:walk athletes crazy. Let me talk more about that in a moment... Do you prefer guessing, folklore, driving directions, or a map? Seriously, how do you figure out just the right combination of running and walking on any given day and for any given race or training distance? Let's compare it to driving from point A to point B: You could guess. Some of us have done this, at least when we were younger. Well, let's see. If I want to go to the convention center, then I guess that I'll start by driving toward downtown and keep looking for the big building along the way. You could rely on folklore. Many of us have done this. A neighbor told me that I should take highway X to somewhere around street Y and then go left until I get to street Z ... and the convention center will be around there somewhere. You could use driving directions. A lot of us do this now. We get driving directions from a GPS unit, which can work well ... until the unit dies suddenly or there is an unexpected obstacle. Or, we go online, enter our starting point and destination, and print the directions. Still, printed directions cannot handle unexpected detours, and they give you no sense of the greater territory around, say, the convention-center destination. You could use a map. I know -- What's that?! Yes, you have to learn how to read maps. You have to locate on a map where you are now and where, say, the convention center is. But, a map eliminates guessing and folklore, never dies suddenly, and gives you options -- LOTS of options -- when one route or another is blocked. Pace calculators are like driving-directions websites. Yes, you could search the Web and find some run:walk pace calculators that will let you enter some variables to get some other variables. A pace calculator is like a driving-directions website. You enter some stuff, and it tells you what to do. That's fine, as far as it goes. But, what if you were to run into an obstacle? Would you know what to do? The fact is, you could poke and prod all day with a pace calculator and still not end up with the big picture about how YOU can best use the run:walk method. In contrast, pace tables are like maps. Now, think about a map. It gives you the big picture, and this gives you LOTS of options to achieve your goal. Pace tables are like maps. They give you the big picture and lots

of options to achieve your goal. This book fills the gap of pace tables for the run:walk method!

Families on Foot Jennifer Pharr Davis,Brew Davis,2017-03-01 Families on Foot is an interactive guide for families to help motivate children to enjoy hiking and walking in nature. The progressive book would outline basic steps to help families with kids grow from beginner to intermediate hikers and to cultivate a love and enthusiasm for the outdoors. (Going beyond this to “advanced hiker” is beyond the scope of this book and the need for families.) Elements include a basic checklist of gear and safety needs, simple exercises for the whole family to prep for getting out on the trail, real life stories (perhaps crowdsourced from the AHS community), and ideas and activities for making the experience fun for kids of all ages. Chock full of aspirational color photography featuring diverse people and kids, the book is also practical in nature, offering information on gear checklists and how to use GPS, read a map, and predict weather before going out on the trail. It would feature experiences in everything from neighborhood parks to secluded trails. Additionally, the book reflects the hallmarks of the American Hiking Society, with whom we would work to make this book a success.

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