

# The Runner's Diary: A Daily Training Log

By Matt Fitzgerald

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Keeping A Training Log . By Matt Fitzgerald, Published Aug. 29, Keeping a training diary is easy and it doesn't take a lot of time. The Runner's Diary

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The Runner's Diary: A Daily Training Log by Matt Fitzgerald, 9781934030363, available at Book Depository with free delivery worldwide.

<http://www.bookdepository.com/Runners-Diary-Matt-Fitzgerald/9781934030363>

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Matt Fitzgerald's book The Runner's Diary: A Daily Training Log helps athletes keep track of their training and diets to improve their times and run injury free.

[http://running.competitor.com/2009/01/training/runners-set-new-personal-records-with-the-runners-diary\\_1282](http://running.competitor.com/2009/01/training/runners-set-new-personal-records-with-the-runners-diary_1282)

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### **Matt Fitzgerald (Author of Racing Weight: How to -**

Matt Fitzgerald is author of Racing Weight: The Runner's Diary: A Daily Training Log. By: Matt Fitzgerald Published: 01 Dec 2008. Iron War: Dave Scott, <http://www.litdemon.com/author/Matt-Fitzgerald>

### **Matt Fitzgerald: Books, Biography, Blog, -**

But, I am totally comfortable with Matt Fitzgerald's subtitle of his new book: The Runner's Diary: A Daily Training Log by Matt Fitzgerald (Dec 1, 2008) <http://www.sathyasaitoronto.org/Colores/iphonecasexbox.asp?Matt-Fitzgerald/e/B001IGNJLW>

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The Runner's Diary. A Daily Training Log. By Matt Fitzgerald (Velo Press, Spiral, 9781934030363, 279pp.) Publication Date: December 2008 <http://www.indiebound.org/book/9781934030363>

### **Matt Fitzgerald - VeloPress -**

Matt Fitzgerald is the author of Brain Training for Runners, and The Runner's Diary. Matt is a regular Fitzgerald is a featured coach on Training <https://www.velopress.com/authors/matt-fitzgerald/>

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### **Matt Fitzgerald | iRunFar.com -**

Home / Archives for Matt Fitzgerald. Running Log Discussion & Review of The Runner's Diary. Runner Strength Training;

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