

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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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

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http://running.competitor.com/2009/01/training/runners-set-new-personal-records-with-the-runners-diary_1282