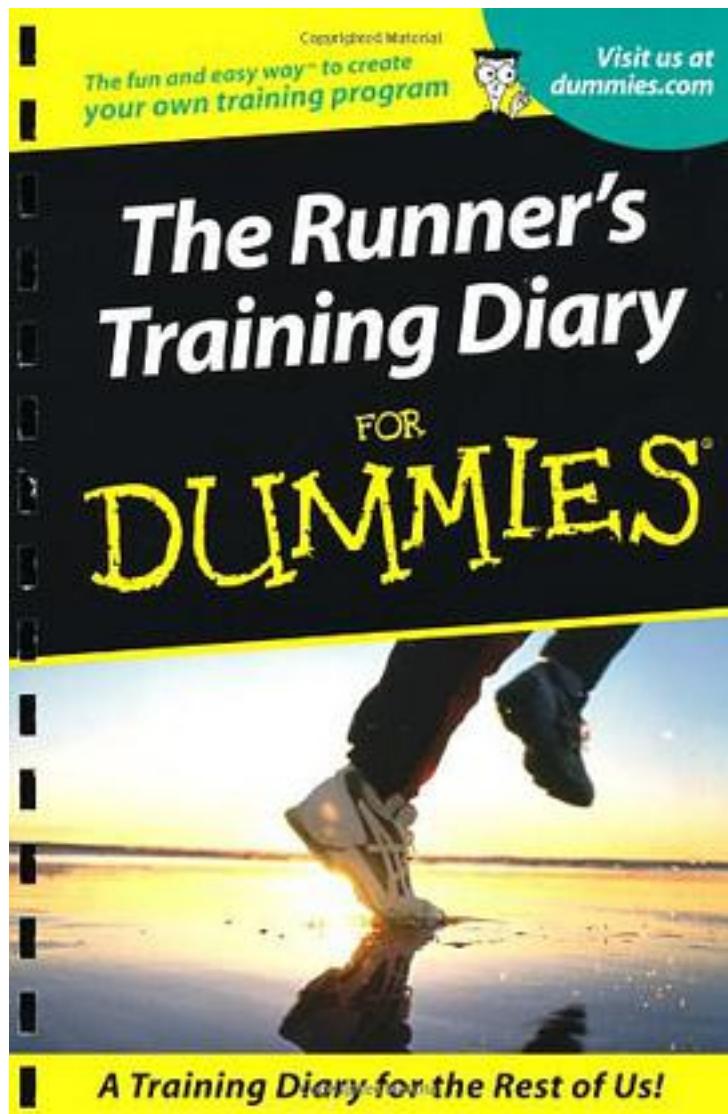


# The Runner's Training Diary For Dummies



[The Runner's Training Diary For Dummies 下载链接1](#)

著者:St.John, Allen

出版者:Hungry Minds

出版时间:2001-2

装帧:Plastic Comb

isbn:9780764553387

The training diary that gives you that extra push to hit your stride. This new, spiral-bound journal is just the ticket to help runners track and monitor their training progress. It features a 52-week calendar that you can customize to your own schedule and needs, plus expert advice on many health-related issues.

作者介绍:

目录:

[The Runner's Training Diary For Dummies 下载链接1](#)

标签

评论

---

[The Runner's Training Diary For Dummies 下载链接1](#)

书评

---

[The Runner's Training Diary For Dummies 下载链接1](#)