



COMPETE Training Journal (Believe Training Journal)

Lauren Fleshman, Roisin McGettigan-Dumas

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Nothing makes a runner feel quite so alive as the pre-race jitters. Racing is when you find out what works for you and what holds you back, when you find out how you stack up?and where you want to go next.

Whether your next race is a 5K or an ultramarathon, the *Compete Training Journal* will transform your approach to competing and make sure that race day brings out the best in you. New racers will get a fast-track road map to racing success while experienced competitors will deepen all aspects of their mental game for even better performances.

Drawing from their two decades of professional racing experience, runners Lauren Fleshman and Roisin McGettigan-Dumas will guide you to:

- Set goals you can achieve.
- Map out the steps to achieve your goals.
- Log your workouts.
- Keep it real?and avoid harmful obsession with outcomes.
- Make racing an expression of your training.
- Set smart race strategies.
- Relax! And train with intention.
- Emphasize the process instead of the goals.
- Avoid comparing yourself to others.
- Get in the zone the week before your race.
- Own your strengths?and root out your weaknesses.
- Build up the mental case to enable success.
- Keep it fun.
- Reflect on your season and consider the next challenge.

Racing should make you sweat in a good way. With *Compete Training Journal*, you'll look at competition in a new way and find new reward from the running you love.

Includes space for goal setting, workout log space for two seasons of racing (spring/fall), race plans and reviews, a race calendar, pace charts for 200m to 26.2 mi.

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Ryan Wysocki:

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Samuel Lester:

A lot of people always spent all their free time to vacation or go to the outside with them family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the whole day to reading a e-book. The book COMPETE Training Journal (Believe Training Journal) it is extremely good to read. There are a lot of people who recommended this book. They were enjoying reading this book. In case you did not have enough space to bring this book you can buy the actual e-book. You can m0ore very easily to read this book from the smart phone. The price is not too costly but this book provides high quality.

Shannon Silva:

Playing with family in the park, coming to see the marine world or hanging out with buddies is thing that usually you may have done when you have spare time, and then why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love COMPETE Training Journal (Believe Training Journal), you are able to enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't obtain it, oh come on its referred to as reading friends.

Carlie Manson:

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