



## **2017 Running Calendar: Track your daily running process and plan for upcoming races for 2017 with the Running Calendar.**

*Frances P Robinson*

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Whether you're serious about running or jogging or just working out for pleasure the 2017 Running Calendar can help. Starting in Dec 2016 and ending in Jan 2018, the calendar and two sections with fill in the blank pages and space to write in the following: -Name of Race -Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The last section has 52 weeks of pages (enough for one full year) and includes the following to track your daily running progress: -Time (remaining) before event -Running Route Name Run Type Distance Time Pace Type Shoes Body Weight Average Heart Rate Resting Heart Rate Temperature Track the details of your running data in the 2017 Running Calendar to view progress and achieve your goals. Good for everyday running workouts or running training for marathons and triathlons.

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