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BELIEVE TRAINING JOURNAL



VeloPress. Paperback. Book Condition: new. BRAND NEW, Believe Training Journal, Lauren Fleshman, Roisin McGettigan-Dumas, Runners will be amazed at where a year can take them with help from the all-new Believe Training Journal by professional runners Lauren Fleshman and Roisin McGettigan-Dumas. The Believe Training Journal is a year-long workbook, training log, and how-to manual designed by Lauren and Ro to help runners push harder, find the sweet spot, and use running to make life even better. The Believe Training Journal...

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- Authored by Lauren Fleshman, Roisin McGettigan-Dumas
- Released at -



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Reviews

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