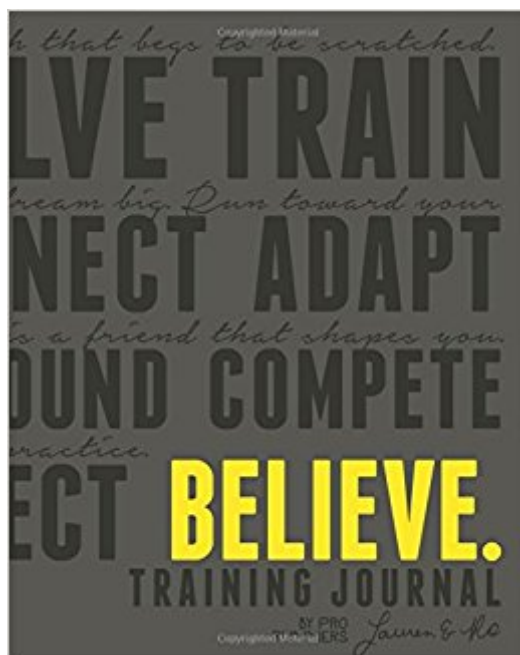


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# Believe Training Journal (Charcoal Edition)



## Synopsis

The Believe Training Journals by professional runners Lauren Fleshman and Roisin McGettigan-Dumas are much more than a running workout log; they're a secret weapon. Lauren and Ro created their first Believe I Am training diary when they couldn't find a workout log that inspired them to keep using it. Now in a third evolution, the new charcoal and lavender editions of the Believe Training Journal will help runners set goals, see what works and what doesn't, keep their heads in the game, stay honest when no one's looking, and prove when the work's been done. The new charcoal and lavender editions are packed with new photographs, a fresh design, hand-written notes, practical advice, and the hard-earned secrets and lessons that Lauren and Ro have learned on the pro running circuit. Also new in these editions are Lauren's killa core routine and Ro's favorite post-run yoga poses. With a smart, functional design, the Believe Training Journal guides runners through their season, helping set goals, plan training weeks, record daily workouts, and keep runners focused. The Journals include: an undated annual calendar, undated daily and weekly running logs, a guide on how to use a training log, how to set goals, how personality affects performance, how to design a training plan, a dozen key workouts, tips on fueling, a new way to think about body image, mental tips for competition, dealing with adversity, setting good mental habits, recovery strategies, reflecting on the past season, and creating positive running groups. Elites say there are few training tools as valuable as a good training diary for the insights they can reveal. Runners of all abilities will be amazed at where a year can take them with help from the new Believe Training Journals.

## Book Information

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Average Customer Review: 4.8 out of 5 stars 140 customer reviews

Best Sellers Rank: #49,886 in Books (See Top 100 in Books) #64 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#) #99 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#) #228 in [Books > Sports & Outdoors > Individual Sports](#)

## Customer Reviews

“Believe Training Journal is a workbook and training log that also includes notes, photos, plus pro tips and secrets, all in a gorgeous format. Sweet.”

Fit Bottomed Girls “Folks who love monitoring every last detail of their workouts will dig this training-focused journal [which is] a guidebook focused on helping female athletes get their bodies and minds on the same page when it comes to setting running goals. Whether you want to run a 5K or complete your first marathon, this journal will help you figure out your blind spots and avoid race day anxiety.”

DailyBurn.com “While everybody is oohing and aahing over Apple’s newest release, we’re salivating over the new Believe Training Journal. Written and illustrated by the witty, insightful, and talented Ro McGettigan and Lauren Fleshman, this journal helps you beautifully document your workouts, as well as your goals, your setbacks, your achievements, your life.”

AnotherMotherRunner.com “Give your runner the training secrets of Olympians. Designed by pro runners Lauren Fleshman and Ro McGettigan, the Believe I Am Training Journal encourages runners to think holistically about their training. The inspiring visual cues, tips, goal-setting worksheets and bigger picture pages make this a training log like no other.”

Active.com “Anyone who’s committing to run a race in 2013 will benefit from this cute Believe I Am Training Journal. Designed by pro athletes Lauren Fleshman and Ro McGettigan, not only is the format ideal for a training diary, but it’s also thin enough to toss in any purse or gym bag when you’re on the go!”

Fit Sugar “We were simply smitten with the Believe I Am Training Journal. We review a lot of different workout products, but this one really stood out for doing more than just tracking facts and miles. It gives women a place to dream, feel and doodle. It gives them a place to not just reach their fitness goals but to feel proud about themselves inside and out!”

Fit Bottomed Girls “Just started dating a sporty woman? Go for something low-key yet thoughtful like this inspirational [Believe I Am] training journal. If she’s training for her very first 5K or her 10th marathon, she can track her progress on the cute illustrated pages. With goal-setting tips and worksheets, motivational advice from female athletes, and blank pages for her to record her thoughts about running, or just life in general, this comprehensive diary will make getting to the finish line way more fun.”

Men’s Fitness “Amazing quotes and great info!”

Paula Radcliffe, marathon world record holder, 3-time London Marathon winner, 2005 marathon world champion “2015 dreaming starts now. Thanks for the inspiration to keep moving forward!”

Linsey Corbin, professional

triathlete with 24 podium finishes at Ironman and Ironman 70.3 races. "I've kept a running log for the last 11 years and the Believe I Am Training Journal has been my favorite. It's not just a space to log miles but a journal to map out the year's plans, details, and dreams while encouraging a positive mind-set along the way!" Molly Huddle, U.S. Olympian and 5K record holder. "I keep my Believe I Am Training Journal to track my training and progress. Keeping a journal allows me to gain confidence when I look back on what I have done and shows how I have prepared for a racing season. It also allows me to look back and take note if there are periods when I didn't feel as good so I can recognise this and adjust accordingly." Mary Cullen, NCAA Champion and European Medalist. "My Believe I Am Training Journal is an easy way to plan, track, and achieve my goals! It has an open format that easily captures the day-to-day progress with additional sections to plan and elaborate." Jen Bingham, The Local Elite. "I love that the Believe I Am Training Journal helped me realize that I have some non-fitness goals I need to focus on first before ramping up my fitness goals again." Laura Williams, Girls Gone Sporty

Believe is a inspiring training journal for runners.

Great journal - bought one for me and one for a gift. Bought it last year too and I am looking forward to recording all my stellar runs in this year's journal (or not so stellar). Having this journal is like having an accountability partner as I look forward to running or working out every day so I can record it and no blank entries!

Great journal! (and the sticker comes off now in case you're reading those other reviews). It's the perfect combination of advice, inspiration, reflection, goal setting and tracking. There is space for long term and short term tracking which I love.

I really love this book and think it is a great tool. I was an athlete in my younger days- a swimmer, but I'm relatively new to running. I can see how this works for beginners all the way up to higher level athletes. Especially if you're one who likes to see your week all out in front of you to get a better sense of your accomplishments. Having authors with such success in running makes the advice throughout the book more valuable. One word of advice from me, though... There is a sticker on the back cover over the textured surface, even though the book came wrapped in plastic from the printer. Choose to take the sticker off the back on a rest day. Peeling it off is a workout all by

itself.

I got this journal a year ago to use during my Boston Marathon training. It was the first journal I have ever used to track my training. Not that I am training again this year for Boston, I can look back at my previous journal and see what I did and how well I did. It is nice to compare my athletic achievements. The journal has a nice section for your weekly workouts, tracking your mileage, and your year of races. Plus it has a ton of information on training, workouts, intervals, diet, and motivation. I encourage anyone on a training program to grab this gem and track their progress. It will keep you motivated and wanting to achieve your goals and even set some new ones.

A friend of mine has been telling me about these journals for about a year now and encouraged me to get one. I love it. The quality of the book itself is nice (leather?), and if you're in to sports psychology, this book gives you what you need to mentally face the challenges of running. Lots of good articles throughout with goal setting pages, quizzes, a page where you list details about your races (like your A, B, and C goals and plan for what time to arrive and what the course is like), and even pace charts in the back. The interesting thing is that the day after I sat down and wrote out all of my goals I started experiencing setbacks. So, although I'm starting with lots of 0's for my mileage, I'm documenting the steps I'm taking to recover AND there is an article in the book on setbacks. So, it's even helping me to keep my thinking right for where I am. I would definitely recommend this for anyone who likes to set goals and document progress!

Every serious female runner looking to achieve her goals needs this. Best investment yet. Next to my Altra shoes...I like how the journal is both a creative open ended outline and organized timeline. Lots of workouts, tips, and race day strategies.

I have to downgrade it by a star due to the huge-ass sticker. I love the book. I've been looking for a nice book to log my running/workouts in, and this is quite lovely. The cover is pliable, there's plenty of room to write notes for each workout. And then there's the sticker on the back which seriously detracts from the looks. And it's not easily removable :( I second what quite a few have mentioned. If the book is going to be shrink-wrapped, put the freaking sticker on the outer wrapping and don't ruin the cover.

Absolutely one of the best tools any runner (or athlete!) new or seasoned can have. It gives you

tons of tips and advice but ultimately leaves it up to you to map out your own fitness journey. What are your goals? Why are those your goals? What are you going to do to get there? Then there are weekly items to focus on. Love it. This is my 4th week using it and it has really helped me see what I have been doing and where I need to step it up to meet my goals. Will buy over and over again!

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Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight  
Training for Sports, 25) Puppy Training: The full guide to house breaking your puppy with crate  
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