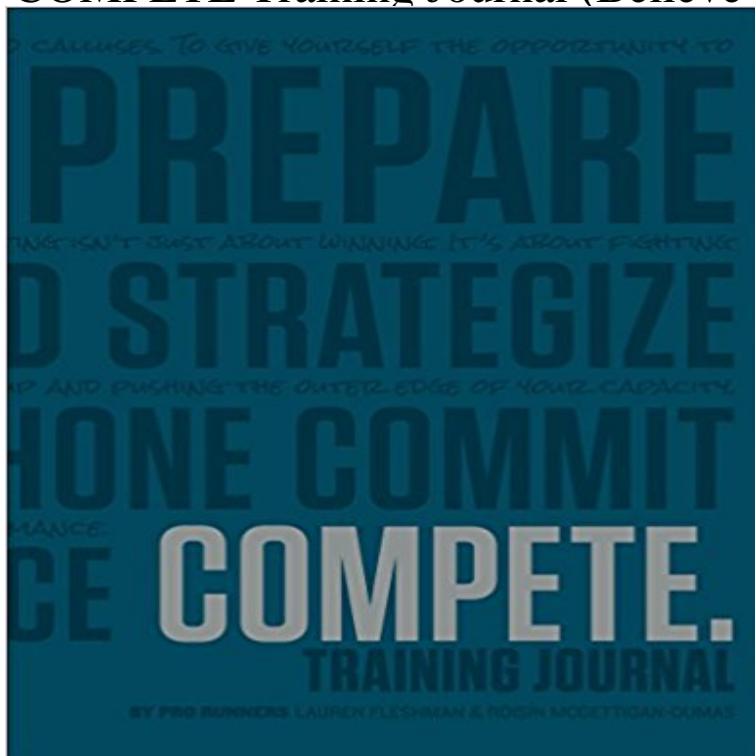


COMPETE Training Journal (Believe Training Journal)



Ready for a new challenge? Step up your game with the COMPETE Training Journal from professional runners Lauren Fleshman and Roisin McGettigan-Dumas. You'll focus on performance and the podium with this training diary and workbook that's designed to help you find an edge over the field. The COMPETE Training Journal features coaching guides from two elite pro runners, a smart design with your special needs in mind, an undated space for race reports and daily, weekly, and monthly training. COMPETE Training Journal will help you attend to the finer details of training and preparation that make for a stand-out performance: sports psychology, planning, pacing, learning how to lean into the discomfort of racing, and how to hold onto the thrill of competition regardless of the outcome. There will be more pages for goal setting, planning workouts, and capturing race results. This is a journal to help athletes test themselves, filled with grit and wisdom from the pros. Top runners 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 COMPETE Training Journal.

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