



# Believe Training Journal (Lavender Edition)

*Lauren Fleshman, Roisin McGettigan-Dumas*

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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*.

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