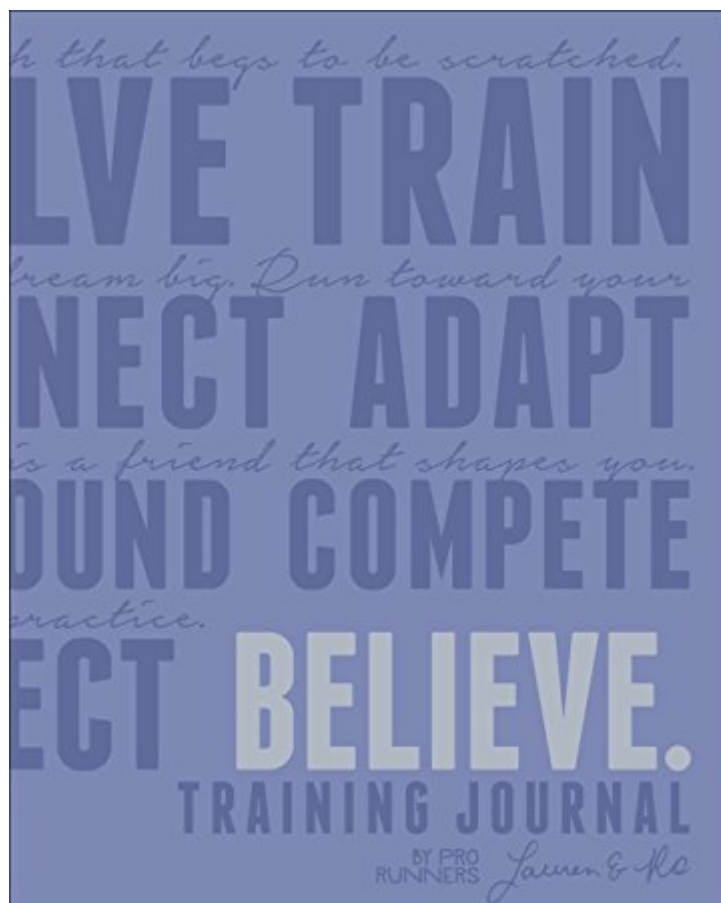


The book was found

# Believe Training Journal



## Customer Reviews

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!

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.

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 would have given this 5 stars, but there was a huge sticker on the back of the book that is damn near impossible to remove. I STILL haven't gotten all of it off. The cover is a beautiful, soft "leather" with the words embossed on it. So, it's very easy to scrape the surface while trying to remove the sticker. If the sticker is so necessary to have why don't they apply it to the plastic covering that the book was wrapped in instead of on the book itself?!?!The journal itself is very nice. Days are blank so you can start/stop it for whatever goal you are working on which makes it more flexible.

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.

This is my second Believe Training Journal. I had the original red one. This one has updates and additional information included. It's a great way to reflect on my running progression and look back at how far I've come.

I've been logging my training in my regular planner for years and I love the upgrade. So far I have used the journal through marathon training and half marathon training and it's good to be able to go back and remember how each week went and keep track of soreness and other setbacks and victories.

I've been running for six weeks and bought this journal three weeks ago. Using this journal has helped me become more methodical and deliberate with my workouts. I fill it out in the morning when I eat breakfast and take it to the gym with me. Very helpful tool, I'm glad I got it!

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