



Believe Training Journal (Classic Red)

Lauren Fleshman, Roisin McGettigan-Dumas

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The classic red edition of the *Believe Training Journal* is an undated year-long workbook, training log, and how-to manual by professional runners Lauren Fleshman and Roisin McGettigan-Dumas that will help anyone push harder, find the sweet spot, and use sports to make life even better.

The *Believe Training Journal* is packed with photographs, practical advice, inspiration, and the hard-earned secrets and street smarts that Fleshman and Ro have learned the hard way on the pro running circuit.

With a smart, functional design, the journal will guide you through your season, helping you set your goals, plan your training weeks, and record daily workouts. The *Believe Training Journal* will reveal what's working, keep you honest when no one's looking, and prove when you've done the work.

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