



Triathlete's Diary: Train, Race, Write, and Remember

Dariusz Janczewski

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Triathlete's Diary has all the necessary space for you to keep one year long (365 pages) diary of your training and racing. It also has Pacing Chart for running, Racing Calendar, Shopping Lists (tear-out pages), Distances Tally charts, blank notebook pages and bookmarks. 400 pages in total.

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