



Sport Journal (Paperback)

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Speedy Publishing Books, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.To be the best athlete in the world, you do not only train but to keep track of your training as well. Keeping a sport journal helps you and your coach assess your performance, particularly the mental, tactical, technical, and physical factors. An organized record of your training should include a date, length of training and commentary.



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