



Training Log For: _____

READY...
SET... GO!

	SWIM	BIKE	RUN
25M			
25M	1 Mile	1/2 Mile	
25M			
25M	1 Mile		
25M			
25M	1 Mile	1/2 Mile	
25M			
25M	1 Mile		
25M			
25M	1 Mile	1/2 Mile	
25M			
25M	1 Mile		
25M			
25M	1 Mile	1/2 Mile	
25M			
25M	1 Mile		
25M			
25M	1 Mile	1/2 Mile	
25M			
25M	1 Mile		
25M			
25M	1 Mile	1/2 Mile	
25M			
25M	1 Mile		
25M			
25M	1 Mile	1/2 Mile	

GOALS: 500 M 10 Miles 3 Miles

YOU CAN DO IT!

Saturday, July 28, 2018
Smithville Lake