

Y NOT TRI?



INDOOR TRIATHLON

PROGRESS TRACKER

NAME: _____
 EMAIL: _____

Adults
 2.4 Mile Swim
 112 Mile Bike
 26.2 Mile Run/Walk

Youth (12-17)
 1 Mile Swim
 78 Mile Bike
 19 Mile Run/Walk

	Swim	Bike	Run/Walk
Feb 5-11			
Mon			
Tue			
Wed			
Thur			
Fri			
Sat			
Sun			
Subtotal			

	Swim	Bike	Run/Walk
Feb 26 - Mar 3			
Mon			
Tue			
Wed			
Thur			
Fri			
Sat			
Sun			
Subtotal			

	Swim	Bike	Run/Walk
Feb 12 - 18			
Mon			
Tue			
Wed			
Thur			
Fri			
Sat			
Sun			
Subtotal			

	Swim	Bike	Run/Walk
Mar 4 - Mar 10			
Mon			
Tue			
Wed			
Thur			
Fri			
Sat			
Sun			
Subtotal			

	Swim	Bike	Run/Walk
Feb 19 - 25			
Mon			
Tue			
Wed			
Thur			
Fri			
Sat			
Sun			
Subtotal			

	Swim	Bike	Run/Walk
Mar 11 - Mar 17			
Mon			
Tue			
Wed			
Thur			
Fri			
Sat			
Sun			
Subtotal			

Log all of your miles by Sat. Mar. 17
 Please turn into Front Desk at either branch when complete.

Total	
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