

Weekly Training Log (sample schedule)

Date	Swim		Bike		Run		Comments (feelings, other workouts, etc.)
	Duration (Time)	Distance/ Workout/ intensity	Duration (Time)	Distance/ route/ intensity	Duration (Time)	Distance/ route/ intensity	
Mon 4/3							DAY OFF
Tues	45 min	1500 to 2000 yards			45 min	Track workout	
Wed			1:15-1:30	aerobic			
Thurs			45 min	Include some hills	45 min	aerobic	
Fri	1 hour	2500 to 3000 yards			30 min	easy	
Sat			2 hours	aerobic			
Sun	30 min	(2 nd -p.m.) 1500 yards			1:15 to 1:30	(1 st --a.m.)	