

MILEAGE TOTALS

WEEKLY TOTALS	SWIM							BIKE							RUN						
	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14	
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21	
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28	
29	30	31	32	33	34	35	29	30	31	32	33	34	35	29	30	31	32	33	34	35	
36	37	38	39	40	41	42	36	37	38	39	40	41	42	36	37	38	39	40	41	42	
43	44	45	46	47	48	49	43	44	45	46	47	48	49	43	44	45	46	47	48	49	
50	51	52					50	51	52					50	51	52					

MONTHLY TOTALS	SWIM				BIKE				RUN			
	1	2	3	4	1	2	3	4	1	2	3	4
5	6	7	8	5	6	7	8	5	6	7	8	
9	10	11	12	9	10	11	12	9	10	11	12	

YEARLY TOTALS											
SWIM				BIKE				RUN			