













DATE		TO											
MON	DISTANCE						FRI	DISTANCE					
	TIME							COURSE					
	COURSE							WEATHER					
	WEATHER							COMMENTS					
	COMMENTS							OTHER TRAINING					
OTHER TRAINING													
TUES	DISTANCE						SAT	DISTANCE					
	TIME							COURSE					
	COURSE							WEATHER					
	WEATHER							COMMENTS					
	COMMENTS							OTHER TRAINING					
OTHER TRAINING													
WED	DISTANCE						SUN	DISTANCE					
	TIME							COURSE					
	COURSE							WEATHER					
	WEATHER							COMMENTS					
	COMMENTS							OTHER TRAINING					
OTHER TRAINING													
THURS	DISTANCE						WEEKLY TOTAL		SWIM	BIKE	RUN		
	TIME							MONTHLY TOTAL					
	COURSE								YEARLY TOTAL				
	WEATHER												
	COMMENTS												
OTHER TRAINING													

RACE REMINDER
RACE RESULT

DATE		TO											
MON	DISTANCE						FRI	DISTANCE					
	TIME							COURSE					
	COURSE							WEATHER					
	WEATHER							COMMENTS					
	COMMENTS							OTHER TRAINING					
OTHER TRAINING													
TUES	DISTANCE						SAT	DISTANCE					
	TIME							COURSE					
	COURSE							WEATHER					
	WEATHER							COMMENTS					
	COMMENTS							OTHER TRAINING					
OTHER TRAINING													
WED	DISTANCE						SUN	DISTANCE					
	TIME							COURSE					
	COURSE							WEATHER					
	WEATHER							COMMENTS					
	COMMENTS							OTHER TRAINING					
OTHER TRAINING													
THURS	DISTANCE						WEEKLY TOTAL		SWIM	BIKE	RUN		
	TIME							MONTHLY TOTAL					
	COURSE								YEARLY TOTAL				
	WEATHER												
	COMMENTS												
OTHER TRAINING													

RACE REMINDER
RACE RESULT