

Monthly Totals

Run

0

Bike

0

Swim

0

Tampa Bay Tri-Sports

Workout Log

Athlete Name

Annual Totals

Run

0

Bike

0

Swim

0

JANUARY 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weekly Totals						1 New Year's Day	2
0 Run							
0 Bike							
0 Swim							
Resistance							
	3	4	5	6	7	8	9
0 Run							
0 Bike							
0 Swim							
Resistance							
	10	11	12	13	14	15	16
0 Run							
0 Bike							
0 Swim							
Resistance							
	17	18 M.L. King Day	19	20	21	22	23
0 Run							
0 Bike							
0 Swim							
Resistance							
	24	25	26	27	28	29	30
0 Run							
0 Bike							
0 Swim							
Resistance							
	31		Notes:				
0 Run							
0 Bike							
0 Swim							
Resistance							