Month	nly Totals	Tampa Bay Tri-Sports							
Run 0									
Bike	0	Athlete Name							
Swim	0		Annual Totals	Run	0 Bike	0 Swim	0		
				JANUARY 2010					
			JAINUATI ZUIU						
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Weekly	Totals						1 New Year's Day	2	
	Run								
	Bike								
) Swim								
	Resistance								
		3	4	5	6	7	8	9	
C	Run								
C	Bike								
0	Swim								
	Resistance								
		40	44	40	40	4.4	45	40	
		10	11	12	13	14	15	16	
	Run								
	Bike								
U	Swim Resistance								
	Resistance								
		17	18 M.L. King Day	19	20	21	22	23	
C	Run				And Andrew				
	Bike								
C	Swim								
	Resistance								
			Vical Manual V		WW.100.20.100				
		24	25	26	27	28	29	30	
	Run								
	Bike								
C	Swim							A	
	Resistance								
		31		Notes:		<u> </u>			
0	Run			Notes					
	Bike								
) Swim								
	Resistance								