

Tampa Bay Tri-Sports

Monthly Totals
 Run 0
 Bike 0
 Swim 0

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									