



# GREAT MIAMI VALLEY YMCA RESOLUTION TRIATHLON Log Sheet

	JAN 1	JAN 2	JAN 3	JAN 4	JAN 5	JAN 6	JAN 7	JAN 8	JAN 9	JAN 10	JAN 11	JAN 12	JAN 13	JAN 14	JAN 15	JAN 16	JAN 17	JAN 18	JAN 19	JAN 20	JAN 21	JAN 22	JAN 23	JAN 24	JAN 25	
Swim																										
Bike (in miles)																										
Run (in miles)																										

	JAN 26	JAN 27	JAN 28	JAN 29	JAN 30	JAN 31	FEB 1	FEB 2	FEB 3	FEB 4	FEB 5	FEB 6	FEB 7	FEB 8	FEB 9	FEB 10	FEB 11	FEB 12	FEB 13	FEB 14	Totals			
Swim																								
Bike (in miles)																								
Run (in miles)																								

PLEASE TURN IN THIS SHEET AT THE END OF THE CHALLENGE IN ORDER TO RECEIVE A T SHIRT  
SPINNING CLASSES DO COUNT TOWARDS MILEAGE DISTANCE FOR THE BIKE PORTION  
FOR THAT DAY.

Swim = 2.4 miles | 4224 yards | 170 laps  
Bike = 112 miles  
Run/Walk = 26.2 miles

**Name** \_\_\_\_\_

**Date completed**