



GREAT MIAMI VALLEY YMCA RESOLUTION TRIATHLON 2024 Log Sheet

	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	FEB 15	FEB 16	FEB 17	FEB 18	FEB 19	FEB 20	FEB 21	FEB 22	FEB 23	FEB 24	FEB 25	
Swim																										
Bike (in miles)																										
Run (in miles)																										

	FEB 26	FEB 27	FEB 28	FEB 29	MAR 1	MAR 2	MAR 3	MAR 4	MAR 5	MAR 6	MAR 7	MAR 8	MAR 9	MAR 10	MAR 11	MAR 12	MAR 13	MAR 14	MAR 15	MAR 16	MAR 17	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
TRACKERS MUST BE TURNED IN BY MARCH 31, 2023

Swim = 2.4 miles | 4224 yards | 169 lengths (1 length = 25 yards) |
Bike = 112 miles
Run/Walk = 26.2 miles

Hamilton Central YMCA pool = 212 lengths to complete 2.4 miles

Name _____

Date completed _____