

January 2023

January Training Goals Swimming:

January Train

January Train

Race Goals:

Date	Day
1	Sun
2	Mon
3	Tue
4	Wed
5	Thu
6	Fri
7	Sat
8	Sun
9	Mon
10	Tue
11	Wed
12	Thu
13	Fri
14	Sat
15	Sun
16	Mon
17	Tue
18	Wed
19	Thu
20	Fri
21	Sat
22	Sun
23	Mon

February Training Goals Swimming:

February Training Goal Triathlon

February Training Goal

Race Goals:

Date	Day	Swim	Bi
1	Wed		
2	Thu		
3	Fri		
4	Sat		
5	Sun		
6	Mon		
7	Tue		
8	Wed		
9	Thu		
10	Fri		
11	Sat		
12	Sun		
13	Mon		
14	Tue		
15	Wed		
16	Thu		
17	Fri		

February 2023

Trigirl Training Log 2023

Your Triathlon Goals

One of the most important attributes of a goal is that it is **recordable**.

Choose your goal, write it down and keep track of your progress with our Trigirl training log.

Be sure to post it where you can see it to keep your motivation levels high!

Happy Training!

See our website for more training advice and to check



Triathlon Log

Mark Steyvers



Triathlon Log:

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