

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 Pro version

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

Robert R. Redfield



Triathlon Log:

The Top Books of the Year Triathlon Log The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Triathlon Log : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Triathlon Log : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

https://thebrandexperience.com/About/publication/index.jsp/teachers_guide_to_sci_math_applications_in_proportional_problem_solving_module_2_algebra.pdf

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