



CHAMPIONS TRI CHALLENGE

Name _____

Week 1	Mileage		
Date	Swim	Bike	Run
Weekly Totals			

Week 2	Mileage		
Date	Swim	Bike	Run
Weekly Totals			

Week 3	Mileage		
Date	Swim	Bike	Run
Weekly Totals			
	Swim	Bike	Run
3 Week Total			

Week 4	Mileage		
Date	Swim	Bike	Run
Weekly Totals			

Week 5	Mileage		
Date	Swim	Bike	Run
Weekly Totals			

Week 6	Mileage		
Date	Swim	Bike	Run
Weekly Totals			
	Swim	Bike	Run
3 Week Total			

Week 7	Mileage		
Date	Swim	Bike	Run
Weekly Totals			

Week 8	Mileage		
Date	Swim	Bike	Run
Weekly Totals			

Week 9	Mileage		
Date	Swim	Bike	Run
Weekly Totals			
	Swim	Bike	Run
3 Week Total			