



NAME: _____

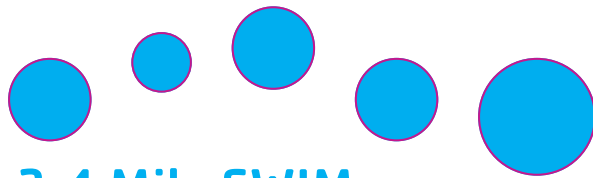
PHONE NUMBER: _____

NAME: _____

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2.4 Mile SWIM

Each box represents 1/4 mile

*9 laps(down/back) equals 1/4 mi (86 total laps equals 2.4 mi)

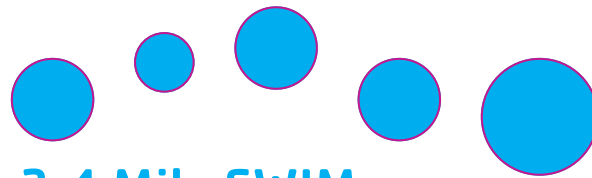
.25 .5 .75 1 1.25 1.5

1.75 2 2.25 .15

26.2 Mile RUN/WALK

Each box represents 1 mile

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	.2			



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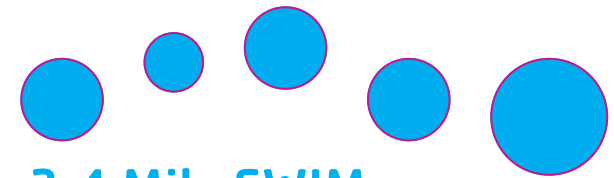
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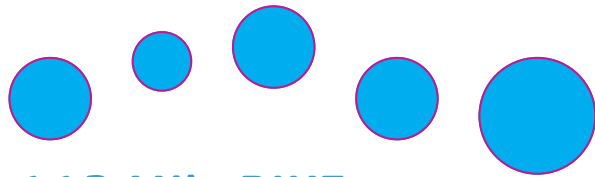


#LEOWSTRONG BODY OF IRON

ONE MONTH TRIATHLON LOG SHEET

March 1– 31 2020

THE GREATER MARINETTE-MENOMINEE YMCA



112 Mile BIKE

Each box represents three miles

3	6	9	12	15	18
21	24	27	30	33	36
39	42	45	48	51	54
57	60	63	66	69	72
75	78	81	84	87	90
93	96	99	102	105	108
111	1.0				

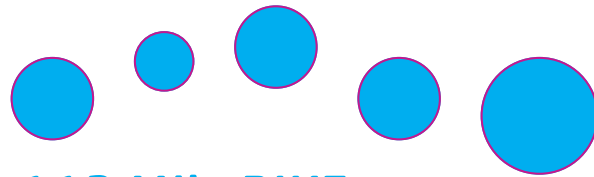


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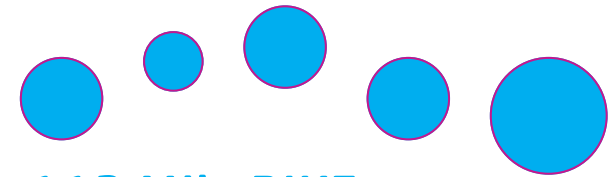


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