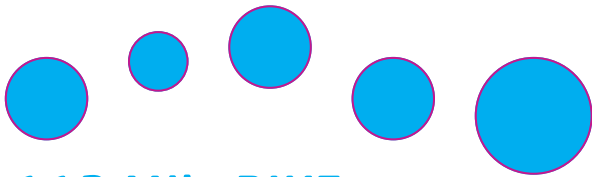




# #LEOWSTRONG BODY OF IRON

ONE MONTH TRIATHLON LOG SHEET

March 1– 31 2018



## 112 Mile BIKE

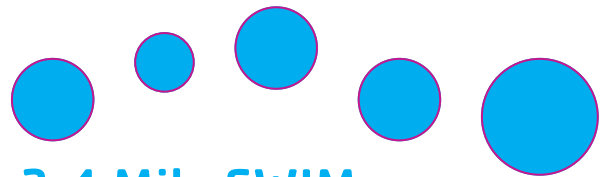
Each box represents three miles

3	6	9	12	15	18
21	24	27	30	33	36
39	42	45	48	51	54
57	60	63	66	69	71
74	77	80	83	86	89
92	95	98	101	104	107
110	111	112			



NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_



## 2.4 Mile SWIM

Each box represents 1/4 mile

.25	.5	.75	1	1.25	1.5
1.75	2	2.25	2.4		

## 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			