



# Triathlon Training Diary

*Frances P Robinson*

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## **Triathlon Training Diary** Frances P Robinson

This Triathlon Training Diary includes two sections. The first includes the following fill in the blank chart (enough for 6 races): -Name of Race -Type -Date -Location -Entry Fee -Registration Deadline -Goal -Results The second has 52 weeks of pages (enough for one full year of training) that includes the following to track your daily progress: -Time remaining before event -Swim Distance Time Average Heart Rate Resting Hear Rate -Cycle Distance Time Average Heart Rate Resting Hear Rate -Run Distance Time Average Heart Rate Resting Hear Rate -Body Weight -Other -Notes When you track your training data, it will be easier to achieve them. Let this Triathlon Training Diary help you meet your goals. triathlon training, triathlon training diary, triathlon journal, triathlon log, ironman training log

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