

Name:

Dept:

JULY 2018

TRIATHLON TUNE UP!

During the month of July, complete 2 miles of swimming, 112 miles of biking, and 26 miles of running. Space your workouts out as much as you'd like. Remember, you have **THIRTY-ONE** days to complete those totals! Below is an example of if you were to break up each category into four weeks:

Swim – 1/2 mile each week

Bike – 28 miles each week

Run – 6.5 miles each week

You can break it up however works best for you! Simply use the calendar to record what you've completed each day!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	27	28
29	30	31				