

'TRI' YOUR BEST

2024 Average Joe Triathlon Activity Log
YMCA OF GREATER WAUKESHA COUNTY



NAME _____

EMAIL _____

TEAM MEMBERS

ADULTS & TEAMS
 Swim: 2.4 miles
 Bike: 112 miles
 Run/Walk: 26.2 miles

YOUTH
 Swim: 1 mile
 Bike: 78 miles
 Run/Walk: 19 miles

	SWIM	BIKE	RUN/WALK
FEB 5-11 GOAL			
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

SUBTOTAL

FEB 12-18 GOAL			
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

SUBTOTAL

FEB 19-25 GOAL			
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

SUBTOTAL

	SWIM	BIKE	RUN/WALK
FEB 26 - MAR 3 GOAL			
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

SUBTOTAL

MAR 4-10 GOAL			
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

SUBTOTAL

MAR 11-17 GOAL			
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

SUBTOTAL

» PLEASE LOG ALL OF YOUR MILES BY SUN, MAR 17

<input type="checkbox"/> TOTAL			
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