

Print this out and make copies for every week of your training.

SHAPE weekly triathlon training log

MONDAY—rest day

date

TUESDAY

date

workout

where/when

distance/time (if applicable)

how I felt

WEDNESDAY

date

workout

where/when

distance/time (if applicable)

how I felt

THURSDAY

date

workout

where/when

distance/time (if applicable)

how I felt

FRIDAY

date

workout

where/when

distance/time (if applicable)

how I felt

SATURDAY

date

workout

where/when

distance/time (if applicable)

how I felt

SUNDAY

date

workout

where/when

distance/time (if applicable)

how I felt

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