TriLaVie® Training Log

Martha Szufnarowski, Founder Head Coach , www.TriLaVie.com

	Swim	Bike	Run	Stretch	Strength	Time	Distance	Speed	Intensity	HR	Location	Notes
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
Weekly Summary	**Swim**											
	Bike											
	Run											