



Day 1

Day 28

Body Fat =

Ave. Cals (P/C/F) for the month: Cals = _____ P= _____% C= _____% F= _____%

Triathlon Training Block 1

Day 1 DATE _____ One on One - Vol 3 UBX (60m) HR _____ P90X Plus Abs/Core+ (25m) HR _____	Day 2 DATE _____ Bike (60m) HR _____ Distance _____	Day 3 DATE _____ P90X Back & Biceps (56m) HR _____ Insanity Insane Abs (33m) HR _____	Day 4 DATE _____ Brick Workout Bike - 30m Distance _____ Run - 45m Distance _____ HR _____	Day 5 DATE _____ P90x Yoga X (90m) HR _____	Day 6 DATE _____ Swim 8 x 100m 8 x 50m HR _____	Day 7 DATE _____ Day Off
Day 8 DATE _____ One on One - Vol 3 UBX (60m) HR _____ P90X Plus Abs/Core+ (25m) HR _____	Day 9 DATE _____ Bike (60m) HR _____ Distance _____	Day 10 DATE _____ P90X Back & Biceps (56m) HR _____ Insanity Insane Abs (33m) HR _____	Day 11 DATE _____ Brick Workout Bike - 30m Distance _____ Run - 45m Distance _____ HR _____	Day 12 DATE _____ One on One - Vol 3 Yoga: MC2 (60m) HR _____	Day 13 DATE _____ Swim 10 x 100m 8 x 50m HR _____	Day 14 DATE _____ Day Off
Day 15 DATE _____ One on One - Vol 1 30/15 (60m) HR _____ One on One - Vol 1 Killer Abs (16m) HR _____	Day 16 DATE _____ Bike (60m) HR _____ Distance _____	Day 17 DATE _____ P90X Shoulders & Arms (60m) HR _____ P90X Ab Ripper X (16m) HR _____	Day 18 DATE _____ Brick Workout Bike - 30m Distance _____ Run - 60m Distance _____ HR _____	Day 19 DATE _____ P90x Yoga X (90m) HR _____	Day 20 DATE _____ Swim 10 x 100m 10 x 50m HR _____	Day 21 DATE _____ Day Off
Day 22 DATE _____ One on One - Vol 1 30/15 (60m) HR _____ One on One - Vol 1 Killer Abs (16m) HR _____	Day 23 DATE _____ Bike (45m) HR _____ Distance _____	Day 24 DATE _____ P90X Shoulders & Arms (60m) HR _____ P90X Ab Ripper X (16m) HR _____	Day 25 DATE _____ Brick Workout Bike - 20m Distance _____ Run - 10m Distance _____ HR _____	Day 26 DATE _____ One on One - Vol 3 Yoga: MC2 (60m) HR _____	Day 27 DATE _____ Swim 15 x 50m HR _____	Day 28 DATE _____ Triathlon!

Worksheets Completed by:
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