

# LAZY TRIATHALON

## Tracking Sheet

### RUN 6.2 Miles

1	2	3	4	5	6.2
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### BIKE 25 Miles

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	



### SWIM .93 Miles (tracking is for each length)

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	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52
53	54	55	56	57	58	59	60	61	62	63	64	65
66	67	68										



1. **Track your distances each day for each qualifying sport. Here are standard Olympic Triathlon distances:**

- Swim .93 miles
- Run or walk 6.2 miles
- Bike 25 miles

2. **YOU DON'T HAVE TO PERFORM EACH SPECIFIC SPORT TO POST QUALIFYING TIMES/MILES!**

**Check out these great alternate activities—and add some of your own!**

- 1-hour water walking/jogging = 3 miles run/walk/swim; 5 miles bike
- 1-hour aerobics class (i.e., kickboxing, boot camp, Zumba) = 5 miles run/walk/swim; 7 miles bike
- 1-hour treadmill/elliptical = 5 miles run/walk/bike/swim (or mileage counter on machine)
- 1-hour spin cycle class = 20 miles bike



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