DUATHLON TRAINING LOG

CLEVER TRAINING

	DAY	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN
WEEK 1	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														
WEEK 2	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														

DUATHLON TRAINING LOG

CLEVER TRAINING

	DAY	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN
WEEK 3	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														
WEEK 4	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														

DUATHLON TRAINING LOG

CLEVER TRAINING

	DAY	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN
WEEK 5	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														
WEEK 6	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														

DUATHLON TRAINING LOG

CLEVER TRAINING

	DAY	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN
WEEK 7	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														
WEEK 8	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														

DUATHLON TRAINING LOG

CLEVER TRAINING

	DAY	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN
WEEK 9	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														
WEEK 10	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														

DUATHLON TRAINING LOG

CLEVER TRAINING

	DAY	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN	BIKE	RUN
WEEK 11	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														
WEEK 12	DISTANCE														
	TIME														
	PACE														
	CALORIES														
	NOTES (HR, MOOD, WEATHER, INTENSITY)														