

# Tri Log Diary And Guide For The Triathlete And Duathlete

**Triathlon for the Every Woman** Meredith Atwood  
2019-03-12 You Are a Badass  
for aspiring triathletes: a practical and inspiring guide to getting off the couch and on the trail to race your first -- or 50th -- triathlon When Meredith Atwood first shared her journey from tired, overworked wife and mom to successful triathlete, her story resonated with women everywhere, online at SwimBikeMom.com and in the first edition of Triathlon for the Every Woman. Now with her own IRONMAN finishes, experience, and triathlon coaching expertise, Meredith is back with even more wisdom. In this fully revised edition, Atwood not only shares how she went from the couch to an IRONMAN 70.3 triathlon in just over a year, but also shares the latest expertise from coaches, nutritionists, and

athletes on each component of the triathlon: swimming, biking, and running. With compact training plans, the most current nutrition advice, updated resources, and the latest information on long-distance racing, this new edition has all you need to make your triathlon goals a reality.

**The Triathlete's Training Diary** Joe Friel 2024-01-02 A perfect companion to any triathlon training program, The Triathlete's Training Diary offers an ideal way for you to plan, record, and better understand your workouts and performance. With undated pages for use any time of the year, this diary offers plenty of space for all the objective and subjective performance metrics you might want to track in a smart format that's been carefully designed, tested, and refined by Joe Friel, the top coach in the sport of triathlon.

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The Triathlete's Training Diary is wirebound to lay flat and flips easily so you can look up past workouts or settle your pre-race nerves by proving to yourself that you've done the work. This paper workout log is simple to use, never requires a login or password, and can be completely customized to meet your needs for any triathlon training schedule. This physical record of your workouts will reveal insights that don't display on an online dashboard. Fully compatible with Joe Friel's best-selling training programs like The Triathlete's Training Bible, Your First Triathlon, Going Long, and Your Best Triathlon, this diary simplifies the planning and execution of your triathlon training. High-performing athletes know that a training diary is an invaluable tool. Whether they work with a coach or train independently, even elite triathletes keep a training log to hone their feel for performance, consolidate training data in one location, track their progress, monitor for injuries and overtraining,

and reshape their goals throughout the season. The Triathlete's Training Diary includes: Coach Friel's introduction to the essential details of keeping a training log. Friel's guide to planning out your season. Season goals, Annual training hours, Weekly training hours 53 undated weekly spreads. Space for every training metric like rest/recovery, weight, workout type, route, distance/time, average heart rate and power, zones, weather, heart rate, RPE, and your custom notes Room for two-a-day workouts. Weekly Summary charts Race Results Summary to log finish times, split times, pre- and post-race nutrition, efforts, and age-group rankings Physiological test results such as VO2max and lactate threshold. Training Grids to graph the data you choose Road and mountain bike measurements with space to note adjustments Your favorite routes and best times Season results summary Race day gear checklist What gets measured gets managed. Add The

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Triathlete's Training Diary to your program and you'll unlock valuable insights that can help you improve in your sport.

*Triathlete Magazine's Essential Week-by-Week Training Guide*

Matt Fitzgerald 2009-11-29

From Triathlete magazine - the most popular and extensive source for triathlon information - comes this guidebook of weekly training plans for triathletes of all skill levels.

*Courage to Tri* Bethany

Rutledge 2018-07-01 Have you dreamed of crossing a finish line but felt like you had no idea how to get from where you are now to the starting line? Whether it's a 5K or triathlon, this book will give you all the insights you need to make it to your first race. Even if you've never done anything athletic, completing a triathlon is in reach if you dedicate the time and put in the effort to "tri." This book is also full of inspirational and motivational stories from women who not only successfully completed a race, but also found new confidence and overcame

unhealthy lifestyle choices.

Meant for each and every woman, this book is the perfect guide to successfully finish a triathlon with just a few months of effort and dedication. After a life-changing experience, the author went from a career-driven woman to a triathlon enthusiast, eventually turning her passion into a coaching career. Within this book she also shares the story of her own journey. After reading *Courage to Tri*, you'll be inspired to sign up for your first race and equipped to conquer it.

**Triathlete Magazine's Guide to Finishing Your First Triathlon**

T. J. Murphy

2008-08 A longtime triathlete and editor-in-chief of

"Triathlete Magazine" offers an inspiring and thorough guide to the ultimate cross-training and fitness adventure. Color photos throughout.

**The Triathlete Guide to Sprint & Olympic Triathlon Racing**

Chris Foster  
2020-04-07 The Triathlete Guide to Sprint and Olympic

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Triathlon Racing will help you discover the speed, thrill, and challenge of triathlon's most popular race distances. Not everyone has time to train for long-course triathlons. By pursuing triathlon's shorter distances, you can enjoy all the total body fitness benefits of the swim-bike-run sport and discover the unique challenges of short-course racing all while enjoying a life outside of training. This complete guide from former pro triathlete Chris Foster and coach Ryan Bolton shares all the know-how you need to find speed and enjoy successful racing in sprint and Olympic-distance triathlons. Foster, now the Senior Editor of Triathlete magazine, shares his pro advice for how to set a smart race strategy, how to master triathlon pacing, how to execute fast transitions, how to train to improve your weakness and race to your strengths. Bolton offers smart, effective sprint and Olympic triathlon training plans so you can get started right away, no matter your background. Sprint and

Olympic triathlons are triathlon's most popular distances for good reasons. Experienced triathletes returning to the short course will enjoy a break from long, slow hours of training and rediscover the joy of speed. Active people looking for a new challenge can jump right into triathlon's most beginner-friendly distances. The Triathlete Guide to Sprint and Olympic Triathlon Racing makes it simple to get back up to speed in the world's most rewarding endurance sport. *Triathlon Training Planner The Ultimate Triathlete's Schedule Log Book & Journal For Multisports Athlete Beginner To Obtain Faster and Stronger Growth in Marathon.* Tri Publishing 2019-05-10 Are you a Triathlete OR Training to become a Triathlete? Well if your answer is Yes! then my book is here to help you out... Triathlon Training Planner is a Scheduler & A Logbook which help you to keep track of your daily training pattern and drill workout up to date. There Is a whole 1 year (48 weeks) worth

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of logger Which is In a Weekly pattern. You can use it like 6 weeks, 8 weeks or 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon. So what does the Book and the Interior Contains: Designed in the USA Size: 6"x9" - 200 Pages Design: Each week is separated in 6 days of training (Week Calendar + 3 days + 3 days + Notes = 4 sheets a WEEk) and a day off to rest your Body and Mind Interior Design: Each day is formatted in the form of a table to track your - Type of drill, distance, target, achieved, start/end time, heart rate, cal rate, satisfaction level Notes Section: The one day off is to rectify your mistake and get better every weak Cover: Great appealing design with a glossy finished work There is an Ample space to take note and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming, running or cycling. There is Room for all of it So! What is the wait for, Buy the book Now to start to focus on your

physical body than keeping things on your mind? Train + Record + Reset = Improved Triathlete

Triathlon Training Log Magic-Fox Publishing 2019-02-02 A carefully maintained log and training record will aid any athlete in accomplishing their goals. A journal and log will help prevent triathletes from relying on memory, and assist them in keeping and achieving their running, biking, swimming training goals

### **Time-Crunched Triathlon**

Joe Beer 2016-07-31 Time-crunched Triathlon is a manual for life, which will help beginners and experienced triathletes maximize their investment, success and enjoyment in this most demanding of endurance sports. Those with hectic lives who want to enjoy triathlons must ensure that they train effectively. Participating in three sports means trying to be a jack-of-all trades, organizing a lot of equipment and trying to make sense of the huge wealth of training information available both off- and online.

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This no-nonsense guide provides real-life case studies, clear and simple explanations, and tips and tricks from successful triathletes. It debunks the theory that triathletes are super-beings and looks at the ways they manage training on top of a busy lifestyle. It also considers the usual challenges of weather, illness and injury, and how to be consistent even when you can't follow a completely regimented routine 24/7. Perfect for any triathlete who wants to become more time-efficient, Joe Beer's book forgoes the fluff and focuses on the ultimate training essentials. *Triathlon Training Planner* Tri Publishing 2019-05-10 Are you a Triathlete OR Training to become a Triathlete? Well if your answer is Yes! then my book is here to help you out... *Triathlon Training Planner* is a Scheduler & A Logbook which help you to keep track of your daily training pattern and drill workout up to date. There Is a whole 1 year (48 weeks) worth of logger Which is In a Weekly pattern. You can use it like 6

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Record + Reset = Improved Triathlete  
The Triathlete's Guide to Peak Performance Editors of Inside Triathlon magazine 2012-07-26  
The Triathlete's Guide to Peak Performance is the ultimate resource for every multisport athlete striving to break through to the next level on the race course. This book compiles hard-won knowledge shared by the sport's greatest coaches and champions from the pages of Inside Triathlon magazine. The stories delve into the minutia behind training and racing strategies that have carried athletes to Olympic success and Ironman world titles. This e-book shows you how to reach the pinnacle of your own abilities by tapping into your mental and physical potential.

Triathlon Training Diary Frances Robinson 2014-11-05  
This Triathlon Training Diary includes two sections. The first includes the following fill in the blank chart (enough for 6 races): -Name of Race -Type - Date -Location -Entry Fee - Registration Deadline -Goal -

Results The second has 52 weeks of pages (enough for one full year of training) that includes the following to track your daily progress: -Time remaining before event -Swim Distance Time Average Heart Rate Resting Hear Rate -Cycle Distance Time Average Heart Rate Resting Hear Rate -Run Distance Time Average Heart Rate Resting Hear Rate -Body Weight -Other -Notes When you track your training data, it will be easier to achieve them. Let this Triathlon Training Diary help you meet your goals. triathlon training, triathlon training diary, triathlon journal, triathlon log, ironman training log  
Triathlete Magazine's Complete Triathlon Book Matt Fitzgerald 2003-03-01 A veritable "triathlon bible," this book covers everything that anyone—from beginner to expert—would want to know about competing in the phenomenally popular swimming, bicycling, and running races. In one handy, easily referenced guide, Triathlete Magazine's

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Complete Triathlon Book offers the best advice, stories, and tips from the top coaches and athletes who have contributed to the magazine over the years. Appealing to both novices and the most seasoned athlete, the book strikes a balance between technical depth and beginner-friendliness by getting right down to the guidelines that all triathletes can use. In addition, the book offers advice for the various categories of triathletes: beginners, veterans, short-course specialists, Ironman specialists, and others. Bearing the name of the most popular source for information on the sport, this book is sure to become a classic among triathlon enthusiasts.

### IronFit Triathlon Training for Women Melanie Fink

2015-01-06 Providing exactly what the fastest growing segment of the triathlon world yearns for, Melanie and Don Fink have created a complete training guide for women triathletes with highly efficient, easy-to-follow, multi-distance training programs. Women

encounter all the same challenges as men in their triathlon training and racing, but there are a host of issues unique to them, issues about which most men don't have a clue. From the stay-at-home mom to the professional woman, female triathletes face societal expectations, and unique physical and emotional concerns. Until now, there has been never been a go-to source of information and guidance. IronFit Triathlon Training for Women arms the woman triathlete with everything she needs to know to persevere and lays out exact step-by-step training programs to help her to achieve her goals. This book includes three training programs designed for women at the Sprint/Standard (a/k/a "Olympic") Distance, Half Iron-Distance, and Full Iron-Distance. Each program is presented at three levels: Competitive, Intermediate, and "Just-Finish." The reader can select the program for the race distance she wants to train for and the exact level, based on her individual competitiveness,



experience, and available training time.

### **Inside Triathlon Training**

**Diary** Joe Friel 2002 Joe Friel and Inside Triathlon team up to deliver an indispensable training log for triathletes.

Along with color photos, fifty-two undated one-week diary spreads record every facet of a triathlete's daily workout, including duration, weather, distance, time, heart rate, and weight. Weekly summary and race section pages are included to clearly document progress.

### **The Complete Idiot's Guide to Triathlon Training**

Colin Barr 2007 Whether it's a triathlon, duathlon (bike and run), or aquathon (swim and run). Women, as well as men, are flocking to the sport. The Danskin Women's Triathlon Series, the longest-running series of its kind, began in 1990 with three races and 150 participants. In 2005, Danskin hosted eight races and had almost 5,100 participants. And the numbers continue to grow. The Complete Idiot's Guide to Triathlon Training is the perfect book for anyone wanting to

participate in any of these events. Written by two "regular guys" who took up the sport as a lark, they, like the other hundreds of thousands of enthusiasts got hooked and compete regularly. This book is filled with the inside tips, practical advice, and dozens of photos that triathlete will find useful, no matter what level experience he or she has.

### Triathlon Training in 4 Hours a Week

Eric Harr 2015-09-15 Triathlons are more popular now than ever. In this updated, revised version of his successful 2003 edition, triathlon champion Eric Harr provides the most up-to-date, cutting-edge advice and research to inform and motivate today's many budding triathletes. The epitome of a specific, clear, reliable training guide, Triathlon Training in 4 Hours a Week includes four separate training programs to accommodate every fitness level; a comprehensive gear guide; a complete menu plan including nutritional options for vegan, paleo, and gluten-free athletes; strategies to stay

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motivated; and a guide to race day; among other subjects. Athletes will be eager to integrate the wealth of information into their training.

*Triathlon Training For Dummies* Deirdre Pitney 2008-11-24 Shaping up for a triathlon is serious business. *Triathlon Training For Dummies* is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day. It helps you find the motivation you need to stick to your program, eat better to maximize your energy, and prevent injuries both before and during the race. This authoritative guide helps you evaluate your cardiovascular fitness, muscle strength, endurance, and flexibility, and to set manageable realistic training goals. You'll learn how to establish a workout schedule, choose a target finish time get the right, affordable equipment you'll need for each leg of the race, and maximize your fitness and form for swimming, biking, and running.

You'll also get plenty of help in putting it all together as you focus your training, add dual workouts, become a quick-change artist, and save time during transitions. Discover how to: Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic, Sprint, or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete

*Triathlon Training For Dummies* comes complete with resources for finding triathlons near you, lists of items to bring along on race day, and tips on registration formalities and racing etiquette.

*Triathlon Training in Four Hours a Week* Eric Harr 2003-05-16 A training program for prospective triathlon athletes with a minimum of running experience covers a different sport in each chapter

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and offers information on how to tailor a workout for individual needs.

*Total Triathlon Almanac* Tony Svensson 1998-08 This is a comprehensive logbook and training manual for the triathlon athlete. It offers a foundation for establishing a proper training programme which conforms to current advances in exercise physiology, training and race preparation. It can be used as a year-round organizer and record-keeper.

To the Finish Line Chrissie Wellington 2017-10-03 Chrissie Wellington, the world's number one female Ironman athlete and four-time World Ironman Champion, presents her struggles, wisdom, and experiences gained from her hard-won career as a triathlete. With close to 2 million core participants, triathlons of various distances and challenges are attracting more participants than ever before. In *TO THE FINISH LINE*, one of the sports' greatest legends brings triathlon to life, with guidance for newbies or

experienced athletes, to achieve their best triathlons-no matter their ability. Filled with training tips, practical advice and inside information from a champion, triathletes of all levels can benefit from

Wellington's experience and insight. Her book will guide readers on their own journey, whether that be a sprint or an Ironman, and encourage them to rise to every new challenge.

*Kids' Triathlon* Caroline Hattee 2019-02-24 "Kids' Triathlon:

The Essential Training Log"

includes a basic explanation of what a Training Log / Dairy is and its purpose. We've then included a few sections to help you organise your training and racing life e.g. a Race Planner, Kit List and Wish Lists. The final section is the Training Log itself, which covers a full year (starting at any point) of your training and racing life, allowing you to track your progress, to review and learn from in future years. Whilst this book can be used as stand-alone Training Log / Diary, it is intended to supplement the book "Kids Triathlon: The

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Essential Guide" by Caroline & Justin Hattee; Foreword by Vicky Holland, Olympic Bronze Medallist and ITU World Champion. Kids' Triathlon: The Essential Guide: "should be the go-to manual for young, aspiring triathletes and their parents. Jam packed with tips, tricks and advice for all levels of athlete, it's perfect for the newcomer, the slightly more established youngster wanting to research a bit more or the parent trying to figure out how best to support their child(ren)." Vicky Holland.

*Tri Log* Tim Houts 1989-08-01 Meet the only full color training diary with the guts for triathlons. TRI LOG is the only full color training diary & guide available for triathletes & biathletes. It is truly becoming the only training diary triathletes want to buy, & retailers want to sell. For the retailer: 1) Its full color format, & undated calendar format make it the ideal holiday gift item. 2) One out of every three triathletes uses a training diary. 3) Its \$16.95 retail price gives twice the profit of a

cheaper training log. 4) National consumer advertising & publicity fuel sales. 5) Free point-of-sale display holder with all orders of 6 or more. 6) Its primary selling season of November through April makes it easier to stock. For the triathlete: 1) 52 weeks of undated diary pages to record swim, cycle & run training. 2) A 40 page training guide featuring training tips & workouts. 3) 12 full color & 52 black & white action photos. 4) Planning & tracking charts to map out race specific training, & cumulative mileage tracking chart.

Triathlon Training Planner the Ultimate Triathlete's Schedule Log Book & Journal to Become a Pro-Fit the Tool to Enhance Your Look Feel and Better Performance Tri Publishing 2019-10-31 Are you a Triathlete OR Training to become a Triathlete? Well if your answer is Yes! then my book is here to help you out... Triathlon Training Planner is a Scheduler & A Logbook which helps you to keep track of your daily training pattern and drill

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workout up to date. There is a whole 1 year (48 weeks) worth of logger Which is In a Weekly pattern. You can use it like 6 weeks, 8 weeks or A 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon. So what does the Book and the Interior Contains: Designed in the USA Size: 6"x9" - 200 Pages Design: Each week is separated in 6 days of training (Week Calendar + 3 days + 3 days + Notes = 4 sheets a WEEk) and a day off to rest your Body and Mind Interior Design: Each day is formatted in the form of a table to track your - Type of drill, distance, target, achieved, start/end time, heart rate, cal rate, satisfaction level Notes Section: The one day off is to rectify your mistake and get better every weak Cover: Great appealing design with a glossy finished work There is an Ample space to take note and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming, running or cycling. There is room for all of it. So! What is

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**Tri Log** Log Sports 1992-08-01

**TriLog** Tim Houts 2008-08-03

Whether it's your first triathlon or your tenth, this training diary and guide will help you reach your goals Now in its seventh edition, TriLog is the best training diary available for triathletes because of its many features, including: Training Diary The 56-week, undated diary lets you plan and track your training for swimming, cycling, and running for 13 months. You'll be able to monitor your progress as you continue to prepare for your triathlon. Training Guide Nearly 40 pages of cutting-edge tips and fresh workouts ideas provide you with the basics every triathlete--both novice and seasoned--need to fully prepare for a triathlon. Handy charts help you plan your goals and track your progress, as well as aid you in determining the pace you need

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to reach your racing goal. Along the way you will be inspired by encouraging quotes and motivational photos to spark your desire for success.

TriLog Tim Houts 1995-08 Useful for triathletes and duathletes, this training diary helps users plan and track swim, cycle, and run training for 13 months. It includes many training tips, workouts, and charts to provide the basics to the novice and new workout ideas for the expert. It also features 8 colour and 16 black and white photographs.

How to Be a Triathlete - Don't Drown Don't Fall Don't Crash 8333 8333 Publishing 2020-03-14 Use This Paperback Training Log To Record Your Daily Training Sessions. You have a dream of completing a triathlon. That's great! Use this log journal to keep track of your training distances and times each day. It's a perfect way for triathletes to track your progress as you work towards your triathlon. The Cover - The cover is a sturdy paperback book with a glossy finish. The binding is the

same as a standard paperback book. (The journal may need to be pressed open to lie flat.) Size Dimensions - 6" x 9" The Interior - The interior of the journal holds 102 pages of log sheets. This journal is ideal for anyone who is training for an upcoming triathlon. It also makes a great gift! Now that you've got all the details on this book, click the buy button to get your copy today.

**Inside Triathlon Training Diary** Inside Triathlon Editors 1997-01-01 Fifty-two one-week spreads include areas to record every facet of each day's training plus weekly summary and race sections to document progress.

*Swim, Bike, Run, Eat* Tom Holland 2014-06 DIVSwim, Bike, Run—Eat will guide you through day one of training to the finish line and help your body perform at the peak of fitness with expert advice that is easy to implement./div

Making Sense of Sports Ellis Cashmore 2002-01-04 Sports are more important than ever socially, economically and culturally. As well as

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embodying cherished values and ideals, sports now reflect many of the worries of wider society. Drugs, racism, corruption and violence are all now major concerns and our experience of sport is increasingly subject to a gigantic industry made up of owners, players, sports goods manufacturers, television networks and corporate sponsors. In this newly expanded edition of Making Sense of Sports, Cashmore addresses all these issues as well as the more basic questions about the history of sports, its social context and possible future development. Among the new editions other themes are: \* the body, how it works and why it is more cultural than natural \* why women continue to be devalued and depreciated by sports \* Nike, globalization and the sports industry \* art and how it reflects changing conceptions of sports.

*Triathlon Training Planner The Ultimate Triathlete's Schedule Log Book & Journal The Tool to Enhance Your Look Feel and*

*Better Performance Tri Publishing 2019-05-10* Are you a Triathlete OR Training to become a Triathlete? Well if your answer is Yes! then my book is here to help you out... Triathlon Training Planner is a Scheduler & A Logbook which help you to keep track of your daily training pattern and drill workout up to date. There Is a whole 1 year (48 weeks) worth of logger Which is In a Weekly pattern. You can use it like 6 weeks, 8 weeks or 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon. So what does the Book and the Interior Contains: Designed in the USA Size: 6"x9" - 200 Pages Design: Each week is separated in 6 days of training (Week Calendar + 3 days + 3 days + Notes = 4 sheets a WEEK) and a day off to rest your Body and Mind Interior Design: Each day is formatted in the form of a table to track your - Type of drill, distance, target, achieved, start/end time, heart rate, cal rate, satisfaction level Notes Section: The one day off is to rectify your mistake and

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**Triathlon Training Log and Diary** Elegant Notebooks 2019-02 Triathlon Training Log and Diary - This training journal is perfect for any triathlete who's serious about their training and about achieving success and getting results. Use it to keep a record of training sessions and as a reminder of technique and skills worked on. Keeping a record is vital in order to track progress and maintain motivation levels. Each page has sections to record distance, time, pace, average heart rate for the individual disciplines

along with average power for running and cycling. There is also space to list goals and make notes. Ideal for a coach, dad, mom, son, daughter or anyone that simply loves triathlon. Makes a great Father's day, Mother's day, Christmas or Birthday gift. Use for note taking, keeping competition results, as a training diary or journal, fitness record, recording competition stats, journaling, writing, doodling, drawing, making lists and recording ideas. Click on the author link to see our other triathlon logs and diaries in the series - Strength and Conditioning Log, to record strength and aerobic exercises worked on, and Nutrition Log, to record dietary intake. Size: 6 x 9 in. 120 Pages Glossy soft cover Printed on white paper  
*Triathlon Sports Nutrition Journal* Elegant Notebooks 2019-02-04 This Triathlon Sports Nutrition Journal is perfect for the triathlete who takes their training seriously in order to achieve success and get results. Diet and nutrition



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is a vital component of any training regime and keeps the triathlete on track with performance goals. This log has daily tables to record weight, intake of macronutrients and water and to record the intake as a percentage of daily goals. This ensures that a nutrition plan is adhered to and that any changes to the diet can be fine tuned and recorded to optimize performance. It is compact enough to be carried around to aid ease of use. Ideal for a coach, dad, mom, son, daughter or anyone that simply loves triathlon and serious training. Makes a great Father's day, Mother's day, Christmas or Birthday gift. Click on the author link to see our other triathlon logs and diaries in the series - Training Log, to record technique and skills worked on, and Strength and Conditioning Log, to record strength and aerobic exercises worked on. Size: 6 x 9 in. 120 Pages Glossy soft cover Printed on white paper *Triathlon Training Ultimate Journal* Fartlek Running Press

2019-09-12 Everyone needs a training partner - Here's yours! The Triathlon Training Journal is a 52 week Undated Diary and Comprehensive Log Book for Triathlete's. Whether you are training for a Sprint, Olympic or International Distance; or a Half Ironman or Ironman Triathlon this daily log book will keep you company and will track your progress - Old School! Professionally Designed Custom Interior Professionally Designed Matte Cover 7 x 10 - 170 pages A Years Worth of Miles at a Glance: Swim, Bike and Run miles Racing Results Tracker Personal Best Tracker \*\* Add your own Swim and Bike Benchmarks, Run Benchmarks included 52 Weeks in a 2 Page Spread for Weekly Tracking: Circle/ Highlight Daily Activity: Swim, Bike, Run, Weights Date Time Pace Distance HR Weather Mood Weekly Total Monthly Total Yearly Total Room to Write YOUR Favorite Quote Each Week 12 - Month at a Glance - 2 page Spread: To Do Goals Affirmations Notes One Quote A Month 4 - 3

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Months at a Glance Pages - Heart Rate/ Weight Tracking AND So Much More! Use the Monthly Planner to Organize your Life. Use the Triathlon Training Ultimate Logbook to track your progress and when race day comes, you can perform like a Champ! Every journey starts with that first step, and YOUR first step is to Scroll Back Up and ADD this awesome book to YOUR Cart Today! Luck favors the prepared, so put in your homework: swim those laps; bike those roads and run those miles! I've personally completed 3 Ironman Triathlons myself, so I get it... know your benchmarks and track your miles and progress. But don't forget the 4th discipline NUTRITION! Check out the companion book, The Six Month Nutrition Journal Food Tracker. The 2 journals will give you a comprehensive approach to your training. [Triathlon Training Journal](#) Dariusz Janczewski 2009-10-06 Triathlon and Ironman Training Journal is a traditional workout log and more. In the Journal,

you, the athlete are able to not only record your daily training routines, but also keep a personal diary, track the diet, and plan the rest of your day. The Journal has enough pages (400) to last you a whole year and, as the dates for each day are filled in by you, it may be started at any time of the year. [Tri the Journey](#) Libby Hurley 2010-11-11 If you've ever wondered how it feels to cross a finish line, let TRI the Journey inspire you to discover new abilities, take on exciting challenges, and achieve the unthinkable -- completing a triathlon. Written especially for women, this clear, practical guide offers a weekly training program that gives any woman the skill and motivation to complete a first triathlon, or take her training to the next level.

**Triathlon Strength and Conditioning Log: Daily Triathlon Training Workout Journal and Fitness Diary for Triathlete and Coach - Notebook** Elegant Notebooks 2019-03 Triathlon Strength and Conditioning Log - This

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training journal is perfect for any triathlete who's serious about their training and about achieving success and getting results. Use it to keep a record of strength training sessions and cardio workouts. Keeping a record is vital in order to track progress and maintain motivation levels. Each page has daily tables to record exercises, weights and reps as well as duration, pace, heart rate zones and calories burned during cardio workouts. This ensures that a strength and conditioning plan is adhered to and that any changes to the workouts can be fine tuned and recorded to optimize performance. It is compact enough to be carried around to aid ease of use. Ideal for a coach, dad, mom, son or anyone that simply loves the triathlon. Makes a great Father's day, Mother's day, Christmas or Birthday gift. Click on the author link to see our other triathlon logs and diaries in the series - Training Log, to record technique and skills worked on, and Nutrition Log, to record dietary intake.

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2019-04-04 Triathlon Training

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triathlon logs and diaries in the series - Strength and Conditioning Log, to record strength and aerobic exercises worked on, and Nutrition Log, to record dietary intake. Size: 6 x 9 in. 120 Pages Glossy soft cover Printed on white paper

**Courage to Tri** Bethany Rutledge 2018-07 Have you dreamed of crossing a finish line but felt like you had no idea how to get from where you are now to the starting line? Whether it's a 5K, triathlon, or some other starting line, this book is here to give you all the insights you need to make it to your first race. Even if you've never done anything athletic in your entire life, completing a triathlon is ultimately up to your willingness to dedicate the time and put in the effort to "try." This book is also full of stories from women who will inspire and motivate you. These women not only successfully completed a race, they found new confidence and overcame unhealthy lifestyle choices. Meant for each and every woman - whether you're fit or a self-proclaimed couch

potato - this book is the perfect guide to successfully a triathlon with just a few months of effort and dedication. After a life-changing experience, the author went from a career-driven woman to a triathlon enthusiast. She shares her own story as well as those of the women she interviewed for this book. After reading *Courage to Tri*, you'll be inspired to sign up for your first race as well as given the tools to actually conquer it.

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