



Triathlon Training Information

Previous Triathlons:

Running Races and PR's:

Swimming: (in the last 6-8 weeks)

Swims per week: _____

Distance per swim: _____

Longest swim ever: _____

Are swims straight or broken up with rest: _____

Biking: (in the last 6-8 weeks)

Bikes per week: _____

Distance per bike: _____

Longest bike ever: _____

Do you have a HR monitor? _____

Do you have Cadence on your bike? _____

Running: (in the last 6-8 weeks)

Runs per week: _____

Distance per run: _____

Current long run distance: _____

Longest run ever: _____

Pace of easy/long runs: _____