

Monthly Totals	Tampa Bay Tri-Sports									
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Run	0	Workout Log								
Bike	0	Athlete Name								
Swim	0	Annual Totals	Run	0	Bike	0	Swim	0		

January 2025

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weekly	Totals						1 <small>New Year's Day</small>	2
	0 Run							
	0 Bike							
	0 Swim							
	Resistance							
		3	4	5	6	7	8	9
	0 Run							
	0 Bike							
	0 Swim							
	Resistance							
		10	11	12	13	14	15	16
	0 Run							
	0 Bike							
	0 Swim							
	Resistance							

Monthly Totals	Tampa Bay Tri-Sports							
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Run	0	Workout Log							
Bike	0	Athlete Name							
Swim	0	Annual Totals	Run	0	Bike	0	Swim	0	

January 2025

		17		18	M.L. King Day	19		20		21		22		23		
	0	Run														
	0	Bike														
	0	Swim														
		Resistance														
		24		25		26		27		28		29		30		
	0	Run														
	0	Bike														
	0	Swim														
		Resistance														
		31		Notes:												
	0	Run														
	0	Bike														
	0	Swim														
		Resistance														

