



January 2013

January Training Goals Swimming:

January Training Goals Cycling:

January Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Tue								
2nd	Wed								
3rd	Thu								
4th	Fri								
5th	Sat								
6th	Sun								
7th	Mon								
8th	Tue								
9th	Wed								
10th	Thu								
11th	Fri								
12th	Sat								
13th	Sun								
14th	Mon								
15th	Tue								
16th	Wed								
17th	Thu								
18th	Fri								
19th	Sat								
20th	Sun								
21st	Mon							Birthday of Martin Luther King Jr	
22nd	Tue								
23rd	Wed								
24th	Thu								
25th	Fri								
26th	Sat								
27th	Sun								
28th	Mon								
29th	Tue								
30th	Wed								
31st	Thu								



February 2013

February Training Goals Swimming:

February Training Goals Cycling:

February Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Fri								
2nd	Sat								
3rd	Sun								
4th	Mon								
5th	Tue								
6th	Wed								
7th	Thu								
8th	Fri								
9th	Sat								
10th	Sun								
11th	Mon								
12th	Tue								
13th	Wed								
14th	Thu								
15th	Fri								
16th	Sat								
17th	Sun								
18th	Mon							Washington's Birthday	
19th	Tue								
20th	Wed								
21st	Thu								
22nd	Fri								
23rd	Sat								
24th	Sun								
25th	Mon								
26th	Tue								
27th	Wed								
28th	Thu								



March 2013

March Training Goals Swimming:

March Training Goals Cycling:

March Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Fri								
2nd	Sat								
3rd	Sun								
4th	Mon								
5th	Tue								
6th	Wed								
7th	Thu								
8th	Fri								
9th	Sat								
10th	Sun							Daylight Savings Start	
11th	Mon								
12th	Tue								
13th	Wed								
14th	Thu								
15th	Fri								
16th	Sat								
17th	Sun								
18th	Mon								
19th	Tue								
20th	Wed								
21st	Thu								
22nd	Fri								
23rd	Sat								
24th	Sun								
25th	Mon								
26th	Tue								
27th	Wed								
28th	Thu								
29th	Fri							Good Friday	
30th	Sat								
31st	Sun							Easter Sunday	



April 2013

April Training Goals Swimming:

April Training Goals Cycling:

April Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Mon								
2nd	Tue								
3rd	Wed								
4th	Thu								
5th	Fri								
6th	Sat								
7th	Sun								
8th	Mon								
9th	Tue								
10th	Wed								
11th	Thu								
12th	Fri								
13th	Sat								
14th	Sun								
15th	Mon								
16th	Tue								
17th	Wed								
18th	Thu								
19th	Fri								
20th	Sat								
21st	Sun								
22nd	Mon								
23rd	Tue								
24th	Wed								
25th	Thu								
26th	Fri								
27th	Sat								
28th	Sun								
29th	Mon								
30th	Tue								



May 2013

May Training Goals Swimming:

May Training Goals Cycling:

May Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Wed								
2nd	Thu								
3rd	Fri								
4th	Sat								
5th	Sun								
6th	Mon								
7th	Tue								
8th	Wed								
9th	Thu								
10th	Fri								
11th	Sat								
12th	Sun							Mother's Day	
13th	Mon								
14th	Tue								
15th	Wed								
16th	Thu								
17th	Fri								
18th	Sat								
19th	Sun								
20th	Mon								
21st	Tue								
22nd	Wed								
23rd	Thu								
24th	Fri								
25th	Sat								
26th	Sun								
27th	Mon							Memorial Day	
28th	Tue								
29th	Wed								
30th	Thu								
31st	Fri								



June 2013

June Training Goals Swimming:

June Training Goals Cycling:

June Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Sat								
2nd	Sun								
3rd	Mon								
4th	Tue								
5th	Wed								
6th	Thu								
7th	Fri								
8th	Sat								
9th	Sun								
10th	Mon								
11th	Tue								
12th	Wed								
13th	Thu								
14th	Fri								
15th	Sat								
16th	Sun							Father's Day	
17th	Mon								
18th	Tue								
19th	Wed								
20th	Thu								
21st	Fri								
22nd	Sat								
23rd	Sun								
24th	Mon								
25th	Tue								
26th	Wed								
27th	Thu								
28th	Fri								
29th	Sat								
30th	Sun								



July 2013

July Training Goals Swimming:

July Training Goals Cycling:

July Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Mon								
2nd	Tue								
3rd	Wed								
4th	Thu							Independence Day	
5th	Fri								
6th	Sat								
7th	Sun								
8th	Mon								
9th	Tue								
10th	Wed								
11th	Thu								
12th	Fri								
13th	Sat								
14th	Sun								
15th	Mon								
16th	Tue								
17th	Wed								
18th	Thu								
19th	Fri								
20th	Sat								
21st	Sun								
22nd	Mon								
23rd	Tue								
24th	Wed								
25th	Thu								
26th	Fri								
27th	Sat								
28th	Sun								
29th	Mon								
30th	Tue								
31st	Wed								



August 2013

August Training Goals Swimming:

August Training Goals Cycling:

August Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Thur								
2nd	Fri								
3rd	Sat								
4th	Sun								
5th	Mon								
6th	Tue								
7th	Wed								
8th	Thu								
9th	Fri								
10th	Sat								
11th	Sun								
12th	Mon								
13th	Tue								
14th	Wed								
15th	Thu								
16th	Fri								
17th	Sat								
18th	Sun								
19th	Mon								
20th	Tue								
21st	Wed								
22nd	Thu								
23rd	Fri								
24th	Sat								
25th	Sun								
26th	Mon								
27th	Tue								
28th	Wed								
29th	Thu								
30th	Fri								
31st	Sat								



September 2013

September Training Goals Swimming:

September Training Goals Cycling:

September Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Sun								
2nd	Mon							Labor Day	
3rd	Tue								
4th	Wed								
5th	Thu								
6th	Fri								
7th	Sat								
8th	Sun								
9th	Mon								
10th	Tue								
11th	Wed								
12th	Thu								
13th	Fri								
14th	Sat								
15th	Sun								
16th	Mon								
17th	Tue								
18th	Wed								
19th	Thu								
20th	Fri								
21st	Sat								
22nd	Sun								
23rd	Mon								
24th	Tue								
25th	Wed								
26th	Thu								
27th	Fri								
28th	Sat								
29th	Sun								
30th	Mon								



October 2013

October Training Goals Swimming:

October Training Goals Cycling:

October Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Tues								
2nd	Wed								
3rd	Thu								
4th	Fri								
5th	Sat								
6th	Sun								
7th	Mon								
8th	Tue								
9th	Wed								
10th	Thu								
11th	Fri								
12th	Sat								
13th	Sun								
14th	Mon							Columbus Day	
15th	Tue								
16th	Wed								
17th	Thu								
18th	Fri								
19th	Sat								
20th	Sun								
21st	Mon								
22nd	Tue								
23rd	Wed								
24th	Thu								
25th	Fri								
26th	Sat								
27th	Sun								
28th	Mon								
29th	Tue								
30th	Wed								
31st	Thu							Halloween	



November 2013

November Training Goals Swimming:

November Training Goals Cycling:

November Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Fri								
2nd	Sat								
3rd	Sun							Daylight Savings End	
4th	Mon								
5th	Tue							General Election Day	
6th	Wed								
7th	Thu								
8th	Fri								
9th	Sat								
10th	Sun								
11th	Mon							Veterans Day	
12th	Tue								
13th	Wed								
14th	Thu								
15th	Fri								
16th	Sat								
17th	Sun								
18th	Mon								
19th	Tue								
20th	Wed								
21st	Thu								
22nd	Fri								
23rd	Sat								
24th	Sun								
25th	Mon								
26th	Tue								
27th	Wed								
28th	Thu							Thanksgiving Day	
29th	Fri								
30th	Sat								



December 2013

December Training Goals Swimming:

December Training Goals Cycling:

December Training Goals Running:

2013 Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Sun								
2nd	Mon								
3rd	Tue								
4th	Wed								
5th	Thu								
6th	Fri								
7th	Sat								
8th	Sun								
9th	Mon								
10th	Tue								
11th	Wed								
12th	Thu								
13th	Fri								
14th	Sat								
15th	Sun								
16th	Mon								
17th	Tue								
18th	Wed								
19th	Thu								
20th	Fri								
21st	Sat								
22nd	Sun								
23rd	Mon								
24th	Tue								
25th	Wed							Christmas Day	
26th	Thu								
27th	Fri								
28th	Sat								
29th	Sun								
30th	Mon								
31st	Tue								