



January 2012

January Training Goals Swimming:

January Training Goals Cycling:

January Training Goals Running:

January 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								
26th	Thu								
27th	Fri								
28th	Sat								
29th	Sun								
30th	Mon								
31st	Tue								



February 2012

February Training Goals Swimming:

February Training Goals Cycling:

February Training Goals Running:

February 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								
13th	Mon								
14th	Tue							Valentine's Day	
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								
28th	Tue								
29th	Wed								



March 2012

March Training Goals Swimming:

March Training Goals Cycling:

March Training Goals Running:

March Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Thu								
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							British Summer Time begins	
26th	Mon								
27th	Tue								
28th	Wed								
29th	Thu								
30th	Fri								
31st	Sat								



April 2012

April Training Goals Swimming:

April Training Goals Cycling:

April Training Goals Running:

April 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							Good Friday	
7th	Sat								
8th	Sun								
9th	Mon							Easter Monday	
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								



May 2012

May Training Goals Swimming:

May Training Goals Cycling:

May Training Goals Running:

May 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							May Day Holiday	
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								
22nd	Tue								
23rd	Wed								
24th	Thu								
25th	Fri								
26th	Sat								
27th	Sun								
28th	Mon								
29th	Tue								
30th	Wed								
31st	Thu								



June 2012

June Training Goals Swimming:

June Training Goals Cycling:

June Training Goals Running:

June 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							Queen's Diamond Jubilee	
5th	Tue							Queen's Diamond Jubilee	
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								
19th	Tue								
20th	Wed								
21st	Thu								
22nd	Fri								
23rd	Sat								
24th	Sun								
25th	Mon								
26th	Tue								
27th	Wed								
28th	Thu								
29th	Fri								
30th	Sat								



July 2012

July Training Goals Swimming:

July Training Goals Cycling:

July Training Goals Running:

July 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								
26th	Thu								
27th	Fri								
28th	Sat								
29th	Sun								
30th	Mon								
31st	Tue								

Olympics Start



August 2012

August Training Goals Swimming:

August Training Goals Cycling:

August Training Goals Running:

August 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								
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								Late Summer Holiday
28th	Tue								
29th	Wed								
30th	Thu								
31st	Fri								



September 2012

September Training Goals Swimming:

September Training Goals Cycling:

September Training Goals Running:

September 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								
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								



October 2012

October Training Goals Swimming:

October Training Goals Cycling:

October Training Goals Running:

October 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							British Summer Time ends	
29th	Mon								
30th	Tue								
31st	Wed								



November 2012

November Training Goals Swimming:

November Training Goals Cycling:

November Training Goals Running:

November Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1st	Thu								
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								



December 2012

December Training Goals Swimming:

December Training Goals Cycling:

December Training Goals Running:

December 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								
17th	Mon								
18th	Tue								
19th	Wed								
20th	Thu								
21st	Fri								
22nd	Sat								
23rd	Sun								
24th	Mon								
25th	Tue								Christmas Day
26th	Wed								Boxing Day
27th	Thu								
28th	Fri								
29th	Sat								
30th	Sun								
31st	Mon								