

Trigirl Training Log 2024

Your Triathlon Goals

One of the most important attributes of a goal is that it is **recordable**.

Choose your goal, write it down and keep track of your progress with our Trigirl training log.

Be sure to post it where you can see it to keep your motivation levels high!

Happy Training!

See our website for more training advice and to check our latest women specific, flattering triathlon kit.



www.trigirl.co.uk

Trigirl Training Log

January 2024

January Training Goals Swimming:

January Training Goals Cycling:

January Training Goals Running:

Race Goals:

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

February 2024

February Training Goals Swimming:

February Training Goals Cycling:

February Training Goals Running:

Race Goals:

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

Trigirl Training Log

March 2024

March Training Goals Swimming:

March Training Goals Cycling:

March Training Goals Running:

Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga etc)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1	Fri								
2	Sat								
3	Sun								
4	Mon								
5	Tue								
6	Wed								
7	Thu								
8	Fri								
9	Sat								
10	Sun							Mothering Sunday	
11	Mon								
12	Tue								
13	Wed								
14	Thu								
15	Fri								
16	Sat								
17	Sun							St Patrick	
18	Mon								
19	Tue								
20	Wed							First Day of Spring	
21	Thu								
22	Fri								
23	Sat								
24	Sun							British Summer Time begins	
25	Mon								
26	Tue								
27	Wed								
28	Thu								
29	Fri							Good Friday	
30	Sat								
31	Sun							Easter Sunday	

Trigirl Training Log

April 2024

April Training Goals Swimming:

April Training Goals Cycling:

April Training Goals Running:

Race Goals:

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

Trigirl Training Log

May 2024

May Training Goals Swimming:

May Training Goals Cycling:

May Training Strength:

Race Goals:

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

Trigirl Training Log

June 2024

June Training Goals Swimming:

June Training Goals Cycling:

June Training Goals Strength:

Race Goals:

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

Trigirl Training Log

July 2024

July Training Goals Swimming:

July Training Goals Cycling:

July Training Goals Strength:

Race Goals:

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

Trigirl Training Log

August 2024

August Training Goals Swimming:

August Training Goals Cycling:

August Training Goals Strength:

Race Goals:

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

September 2024

September Training Goals Swimming:

September Training Goals Cycling:

September Training Goals Running:

Race Goals:

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

Trigirl Training Log

October 2024

October Training Goals Swimming:

October Training Goals Cycling:

October Training Goals Running:

Race Goals:

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

Trigirl Training Log

November 2024

November Training Goals Swimming:

November Training Goals Cycling:

November Training Goals Running:

Race Goals:

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

Trigirl Training Log

December 2024

December Training Goals Swimming:

December Training Goals Cycling:

December Training Goals Running:

Race Goals:

Date	Day	Swim	Bike	Run	Other (Gym, Yoga etc)	Minutes	Distance	Personal Info (heart rate, intensity, wellbeing, weather)	Hours/ Week
1	Sun							Advent Sunday	
2	Mon								
3	Tue								
4	Wed								
5	Thu								
6	Fri								
7	Sat								
8	Sun								
9	Mon								
10	Tue								
11	Wed								
12	Thu								
13	Fri								
14	Sat								
15	Sun								
16	Mon								
17	Tue								
18	Wed								
19	Thu								
20	Fri								
21	Sat							Shortest Day - First Day of Winter	
22	Sun								
23	Mon								
24	Tue							Christmas Eve	
25	Wed							Christmas Day	
26	Thu							Boxing Day	
27	Fri								
28	Sat								
29	Sun								
30	Mon								
31	Tue							New Year's Eve	