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~~Why, and How I Use  
my Training Notebook  
How To Structure  
Your Weekly Triathlon  
Training | Tri Training  
Planning Tips~~

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TRAINING PLAN diy  
for any number of  
weekly workouts

INDOOR

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TRAINING

(Quarantine in

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~~Canada) 2019 Health  
& Fitness Bullet  
Journal Pages Best  
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MASSIVE

PROGRESS from 11  
Weeks of Zone 2

Running | Triathlon

~~Taren How I Set Up  
my Health and~~

~~Fitness Bullet Journal~~

~~Using 'Happy Planner  
Notes' Triathlon~~

*Taren's New Triathlon*

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*Bike: Canyon*

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Flip Through, etc. 6

~~Ways to Track Fitness~~

~~in Your Bullet Journal~~



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3 months of Zone 2  
Heart Rate Triathlon  
Training IRONMAN  
70.3 South Africa  
2020 Highlights*

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to INSTANTLY  
LEARN TO  
BREATHE when  
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~~Metrics That Will  
Determine Your  
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Triathlon Taren  
Thought He Was  
Back Triathlon  
Training, Then...*How  
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Ironman*

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Matt Fitzgerald: 8  
Steps to a Better  
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Plan Periodization

Here's Why Athletes

Should Keep a

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azrmusic.net

The Triathlete's

Training Diary from

Joe Friel is designed

specifically for

triathletes to record

and analyze their

swim, bike, and run

training, diet and

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nutrition, and  
recovery.

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to help you train and race more effectively. Log your swim, bike, run, strength, other sports and nutrition all in one place. Includes race logs, reports and graphs.

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~~– Beginner Triathlete.c~~  
~~om~~

Yes, I have created an Excel sheet that

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does that based on the Triathlete's Training Bible. You need to enter start date for you season, annual hours and then plug in your races. From there, work backwards putting in the week i.e. PREP, BASE 1, BASE 2, BASE 3, BUILD 1, BUILD 2, PEAK, RACE and

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TRANS. This is pretty  
easy.

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~~Training Bible Excel  
Model Template:~~

~~Triathlon Forum ...~~

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Workout Logs -

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Workout Log

Template for Excel to  
track your fitness and  
training.

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~~Printable Workout Log~~

~~| Workout template,~~

~~Workout sheets ...~~

This bullet journal tracks: Marathon and/or half marathon training plans (left side) and summaries of long runs (left side), including time, pace, and other details, like what I wore, what I ate...

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~~11 Impressive Bullet  
Journal Designs~~

~~Runners Are Using ...~~

You can also use this race training schedule for triathlon training at a glance, swimming, biking, running, or anything where you need to write out your weekly distances. If you need a longer schedule, print out 2

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of these and re-number them! The race training schedule looks like the one below, just click the link below to print or download it.

~~12-Week Blank  
Printable Race  
Training Schedule •  
The Fit ...~~

Be an action-taker  
and implement this

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kind of strength training in your triathlon training program. The information you have here gives you all the knowledge you need to create this sort of strength training plan for yourself. If you prefer a ready-to-go implementation that is effective and affordable and tested



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and proven by  
hundreds of athletes, I  
encourage you to  
check out my  
19-week ...

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Safety Training Log  
Zyamaha Com Excel  
Workout Template  
Log ...

~~Sample, Example &  
Format Templates:  
Excel Training Log ...~~

I primarily use  
Training Peaks these  
days, mostly because  
my coach uses it –  
and it all ties together  
seamlessly. I also

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occasionally use

Sport Tracks when I need to do something around better split analysis, or with a product that TP doesn't support. And finally, I use Garmin Connect as a backup repository for everything else (since the ANT+ Agent automatically sends a copy there).]

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~~Training Logs | DC~~

~~Rainmaker~~

A workout log is kind of a journal, but in a spreadsheet style.

Although, there is a trend of using the term workout journal.

To differentiate the two, let us assign workout journal as a recording of your workout through

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Jotting some words, notes. Whereas workout log means something as a recording of your workout in spreadsheet. Which one of the two is best? It is up to you as a trainee. But ...

~~5+ Workout Log Excel Examples | Examples~~  
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Triathlon Workout Log  
template for Excel  
from TrainingMetric.  
More information Find  
this Pin and more on  
Workout & Race  
Analysis by Training  
Metric .

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for Excel from ...~~

You can now start  
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Diary by  
(double)clicking  
ttdiary.exe.

Installation on Linux =

=====

==== A good place to  
"install" Triathlon

Training Diary is /opt.  
You can also use any  
user-subdirectory like  
/home/username/prog  
rams. So unzip the  
package (i.e.  
ttdiary-0.6.2-linux.zip)



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Diary - Browse Files

at SourceForge.net

Setting Up Your

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Log. comments : 1.

Configure your log

settings to get the

most out of your

training log. Training

Log Settings. Before

logging, you will want

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to configure your training log settings. Accessing your settings is in the very top red navigation bar. Just hover or click over your username to access. Clicking on 'settings' will take you to the main settings area ...

~~Setting Up Your  
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During the process of design training log template, it is important to consider your training log template applications in various areas, you may give additional information on running log template, running log template, triathlon training log template, triathlon training log template,

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template, weight  
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Triathlon training is a  
challenging endeavor  
no matter a person's  
athletic ability.  
Advanced athletes  
may be in great  
physical shape, but

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the demands for speed, stamina, and distance will push them beyond their previous limits. Newer athletes must learn efficient techniques for cycling, swimming, and running — plus train effectively enough to finish an entire race. Fortunately, technology ...

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~~A Triathlete On How  
To Train For A~~

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Letter Templates

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