

2017 Summer Training Log
If you want what few people want then do what few people do!
“Discipline + Desire = the Difference”

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Week Totals
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Week 1 Total
Week 1 5/29 to 6/4															0
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Week 2 Total
Week 2 6/5 to 6/11															0
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Week 3 Total
Week 3 6/12 to 6/18	CC Kick-Off @ Coach Morris's house @ 7:00 pm										Turtlefest 5k & 10k				0
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Week 4 Total
Week 4 6/19 to 6/25	Fun Run @ 7:00 pm (TBA)										Average Joe Triathlon				0
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Week 5 Total
Week 5 6/26 to 7/2	CC CAMP		CC CAMP		CC CAMP		CC CAMP		CC CAMP						0
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Week 6 Total
Week 6 7/3 to 7/9	Fun Run @ 7:00 pm (TBA)														0
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Week 7 Total
Week 7 7/10 to 7/16	Fun Run @ 7:00 pm (TBA)									Relay for Life					0
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Week 8 Total
Week 8 7/17 to 7/23	Fun Run @ 7:00 pm (TBA)														0
	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Time	Distance	Week 9 Total
Week 9 7/24 to 7/30	Fun Run @ 7:00 pm (TBA)														0

