

Lazyman Triathlon Score Card

Name: _____

	Run or Walk 26.2 miles					Swim 2.5 miles					Bike 112 miles					Totals		
Date																R	B	S
Week 1																		
Week 2																		
Week 3																		
Week 4																		
Week 5																		
Totals																		

Aqua Fit Class= ¼ mile swim
 1 hr Aqua Jog= ½ mile swim
 1 mile of swimming= 70 lengths

You may track workouts January 9- Feb 12. Completed workout cards must be returned by February 12th. The drawing will be held February 15th. The winner will be notified by phone!

