# Weekly Training Log

| Date | Swim | | Bike | | Run | | Comments |
|---|---|---|---|---|---|---|---|
| | Duration (Time) | Distance/ workout | Duration (Time) | Distance/ route | Duration (Time) | Distance/ route | (intensity; feelings, etc.) |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |