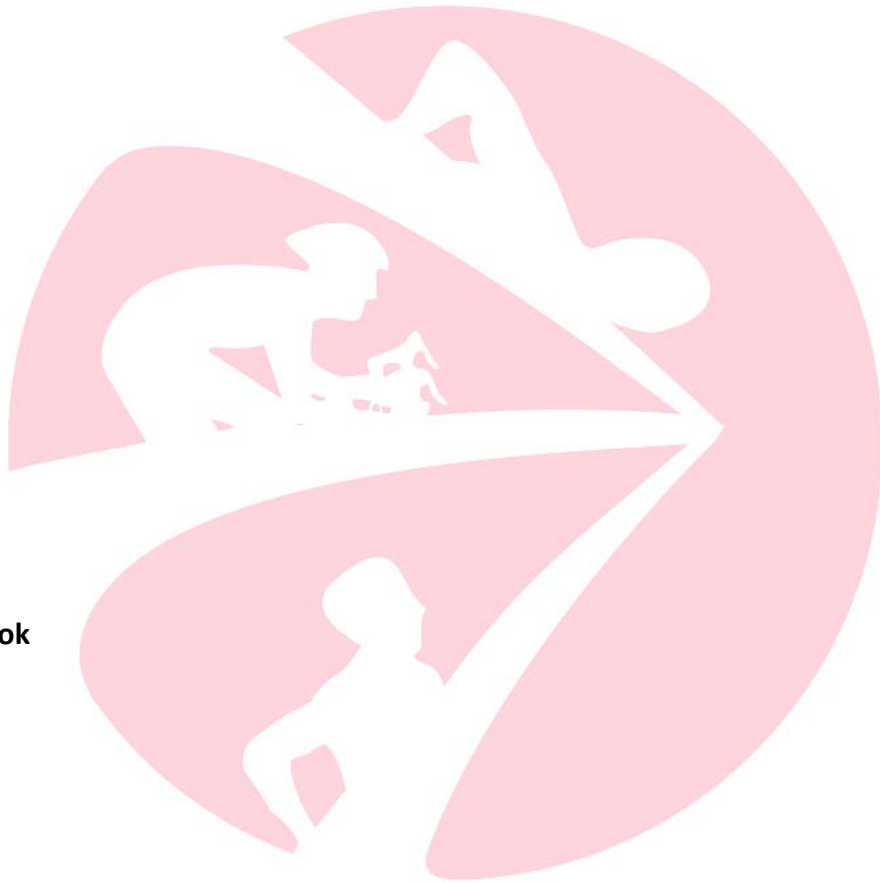




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My Personal

Triathlon Log Book

Name: _____

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Athlete details

NAME	
DATE OF BIRTH	
HOME ADDRESS	
HOME TELEPHONE NO:	
WORK TELEPHONE NO:	
MOBILE TELEPHONE	
EMAIL ADDRESS	
CLUB	

WARM UP EXERCISES

Make sure your body is warm before you start your warm up. Gentle arm swings and running on the spot will be enough, and then stretch on poolside before getting in the water. After swimming, stretch again. Stretching increases flexibility and prevents injury.

Do not sprint the warm up! Start easy and progress throughout the warm up to prepare for what is to come.

Develop regular breathing patterns in the warm up.

STROKE COUNTING

Each time you train, count the number of strokes it takes you to swim 25m and make a note in your logbook. If you want to, you can work out how far each stroke takes you by dividing 25m by the number of strokes. See if you can get your frontcrawl count to match your backstroke count. And, can you get your fly and breast to the same number? When you have recorded your count a few times, see if you can reduce the number by 1. The top swimmers in their middle or late teens aim for a target for a 4 x 25m individual medley swim of 8 strokes for fly, 12 arm pulls for



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backstroke, 8 strokes on breaststroke and 12 strokes on frontcrawl. How close can you get to these and keep up a good pace?

DOPING CONTROL AND ASTHMA

If you suffer from any medical condition that requires medication, you are required to declare this to the A.S.A. by completing a medical declaration form. Ask your welfare officer or coach for one of these.

Many swimmers suffer from asthma. Some of the medications taken for asthma are legal in sport, and some are not. A list can be found on the A.S.A. website. It is important you take your inhaler to every training session, gala and competition. Make sure your coach knows you suffer from asthma.

Even some cold remedies contain “illegal” substances as far as sport is concerned. Speak to your coach if you are taking any medication.



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Personal Bests

Swim

Date	250m	400m	750m	1500m	3000m	4000m

Cycle

Date	5km	10km	20km	40km	80km	120km

Run

Date	1.5km	2.5km	5km	10km	20km	30km



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AGE, HEIGHT AND WEIGHT RECORD

Month	Date	Height	Weight	Notes
September				
October				
November				
December				
January				
February				
March				
April				
May				
June				
July				
August				

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Training Log

Date	Day	Swim meters	Bike km	Run km	Total
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
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	Saturday				
	Sunday				