

My Resolution 2019 ~ Mullica Hill Women's Triathlon Club

Name:	Swim (in meters or miles) 200 meters = 1/8 mile	Bike (in miles)	Run (in miles)
January 1			
January 2			
January 3			
January 4			
January 5			
January 6			
January 7			
January 8			
January 9			
January 10			
January 11			
January 12			
January 13			
January 14			
January 15			
January 16			
January 17			
January 18			
January 19			
January 20			
January 21			
January 22			
January 23			
January 24			
January 25			
January 26			
January 27			
January 28			
January 29			
January 30			
January 31			
February 1			
February 2			
February 3			
February 4			
February 5			
February 6			
February 7			
February 8			
February 9			
February 10			
February 11			

February 12			
February 13			
February 14			
February 15			
February 16			
February 17			
February 18			
February 19			
KICK OFF – TOTAL Miles			

Swimming	Cycling	Running
8 lengths = 200 m or 1/8 mile	1 mile = 1 mile on bike	1 mile = 1 mile
16 lengths = 400 m or 1/2 mile	50 min spin class = 15 miles	50 min yoga or pilates = 2 mile
32 lengths = 800 m or 1/2 mile	30 min stationary bike = 6 miles	50 min aerobics = 3 miles
64 lengths = 1600 m or 1 mile	15 min stairmaster = 1 mile	50 min dancing = 2 miles
30 min swim aerobics = 1/2 mile	1600 meter rowing = 1 mile	15 min elliptical or pool jog = 1 mile

- **Notes:**

- **Lifting weights or cross fit (or anything similar) 30- 50 minutes = 3 miles of running**
- **Winter activities: skiing, cross country skiing, shoveling snow, 60 minutes = 3 miles of running**
- **Anything else- use your best judgment! Scouts honor please.**