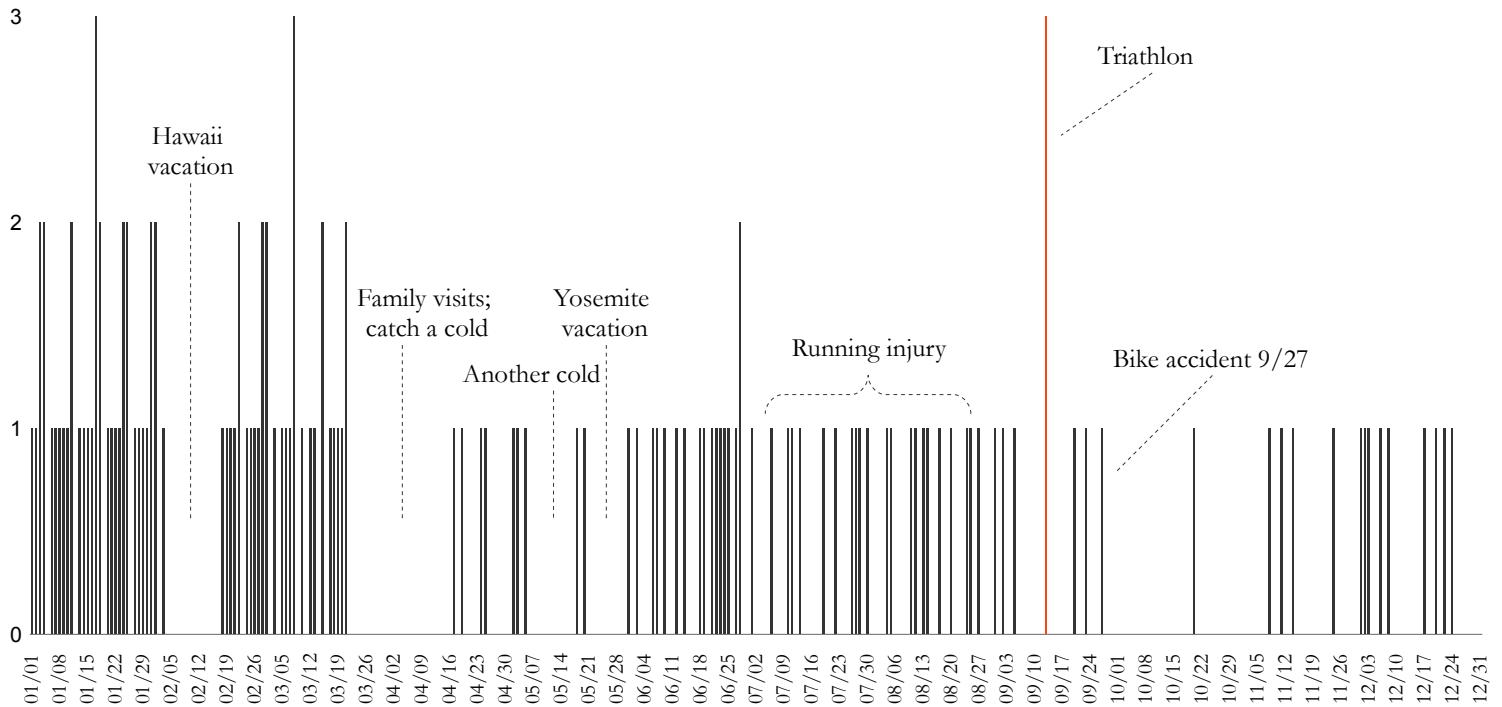


Training for a Triathlon

Triathlons consist of three separate events: swimming, biking, and running. Triathletes must maintain proficiency in all three sports, and ideally they should frequently train in multiple sports during one day to build endurance further and acclimate the body to transitioning from one sport to another. These charts show a year of training activity during 2009 for one athlete prior to and after his triathlon.

Activities per day (any combination of swimming, biking, and running on a daily basis)



Weekly miles (mileage accrued from swimming, biking, and running during one week)

