TRYATHLON

Within a one-month period, swim, bike and run to complete the equivalent of either a half or full triathlon. Mark your progress below as you go.

Half: 1.2 Miles / 42.5 Laps*
Full: 2.4 Miles / 85 Laps*

*The lap amounts above are for the BYU and Provo Rec pools. The Orem Rec pool is 39 laps for a full triathlon and 19.5 laps for a half.
(1 Lap = Up and Back)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81	82	83	84	85					

Half: 56 Miles
Full: 112 Miles

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108
109	110	111	112														

Half: 13.1 Miles
Full: 26.2 Miles

1	2	3	4	5	6	7	8	9	10	11	12	13.1	14	15	16	17	18
19	20	21	22	23	24	25	26.2										