Name: **2018 IronMan Challenge**

	26-Feb	27-Feb	28-Feb	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Run/Walk (miles)											
Swim (lengths)											
Bike (miles)											

	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar
Run/Walk (miles)											
Swim (lengths)											
Bike (miles)											

	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	Totals	Goal
Run/Walk (miles)											26.2
Swim (lengths)										0	160
Bike (miles)											112