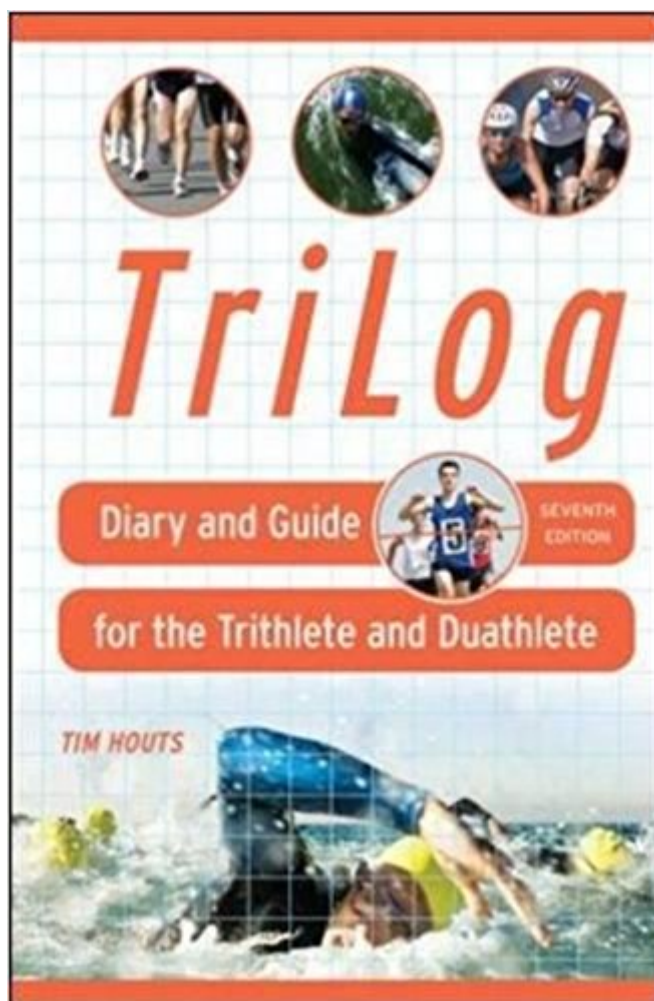


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# TriLog



## Synopsis

Whether it's your first triathlon or your tenth, this training diary and guide will help you reach your goals. Now in its seventh edition, TriLog is the best training diary available for triathletes because of its many features, including:

- Training Diary** The 56-week, undated diary lets you plan and track your training for swimming, cycling, and running for 13 months. You'll be able to monitor your progress as you continue to prepare for your triathlon.
- Training Guide** Nearly 40 pages of cutting-edge tips and fresh workouts ideas provide you with the basics every triathlete--both novice and seasoned--need to fully prepare for a triathlon. Handy charts help you plan your goals and track your progress, as well as aid you in determining the pace you need to reach your racing goal. Along the way you will be inspired by encouraging quotes and motivational photos to spark your desire for success.

## Book Information

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## Customer Reviews

Tim Houts is the author of six fitness books, including RunLog and LiftLog. A competitive runner, triathlete, and swimmer, he is the founder of SportsLog Publishers.

It doesn't have everything I want in it. The log is really basic. It has three lines, one for running, one for swimming (in yards-I count in meters), and one for biking...for each day. I really would like more space to write, more guiding questions about the day (e.g. Weather, temp., time of day), a space for cross-training (e.g. elliptical, weights), space for calories in and out, weight, and space for split times. If I ran or biked twice in one day, there is only one small space for miles/time. But again, I

guess since it's my first tri, it's better than writing on pieces of scratch paper as I was doing before.

Stopped using it after a couple of weeks as there is no room to record cross-training such as yoga, strength training, etc. And, not enough space for notes and other pieces of info weather, shoes worn, etc., and how I felt.

My SPORT is Duathlons. This Log not only provides space for daily workouts, buit vital information on Cycling, Running, Swimming & workouts with plenty of variety. I have been using the Trilog (book) for years.Len Olson

Buy this every year.

In combination with other resources this is great to help enhance my current training schedule. This book is very simply organized for any beginner.

Plenty of info on training. Lots of space to record training events. I'd love to see space where one can record blood analysis, weight, max effort data, etc.

I'm in my 4th season of triathlon (go SeaTri!) about to do my first marathon. I've tried other logs with more boxes to fill in but they're too customized to someone else, I like that this is a pretty unstructured format. I tried making my own but I made it 8.5x11 and it was too unweildy, so I've come back to this log again and I actually use it. I like the week totals, it's very satisfying to see my marathon training milage ramp up. In the review section I put reminders like gear I need to replace or drinks that did or didn't work for me. I follow their recommendation of drawing a diagonal line across days I didn't work out and it gives a good quick sense of whether or not I'm slacking. My biggest drawback is I have messy handwriting (keyboard junkie ;- ) so I have trouble staying between the small lines. I could go digital, but I like that this can kick around in my closet by my gear.

I like it better than the online site I was using, because there is more space for notes. Wish there were lines for general notes not pertaining to a specific workout, but there's space to write in the margins. Very easy to use & flexible. No wasted space. Good tips.

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