

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Bike (speed) - a.m. Strength (B/S) - a.m.	Run (speed) - a.m. Swim (speed) - p.m.	Run (long) - a.m. Strength (U)/yoga - p.m.	Bike (hills) - a.m. Strength (U) - a.m.	Swim (long) - a.m. Strength (L) - p.m.	Bike (long)/Brick OR Run (tempo) followed by Hike @ park Optional yoga OR mo. massage	
Nutrition Log	During breakfast After lunch Before bed	During breakfast After lunch Before bed	During breakfast After lunch Before bed	During breakfast After lunch Before bed	During breakfast After lunch Before bed	During breakfast After lunch Before bed	During breakfast After lunch Before bed
Exercise Log	During breakfast Before bed	During breakfast Before bed	During breakfast Before bed	During breakfast Before bed	During breakfast Before bed	During breakfast Before bed	During breakfast Before bed Weekly summary - p.m.
Device Data-Loading into GarminConnect & TrainingPeaks	During lunch	Before bed	Before bed	During lunch	After dinner	During lunch	During lunch
Nutrition Plan							Before TV Monthly analysis (4th wk)
Cook & Portion for Week	After work					After workout	
Grocery List	After dinner	Grocery trip #1 after swim				Grocery trip #2 after workout	
Training Plan							Before TV
Training Blog	After dinner						
Other Maintenance	Kitchen clean-up Water plants		Clear surfaces	Laundry Bathroom clean-up (during TV) Water plants	Dust Sweep floors Vacuum Nails	<u>1st week of month</u> Draft monthly overview schedule Photos & letter-writing Kitchen deep-clean <u>2nd week of month</u> Financial health-check Bathroom deep-clean <u>3rd week of month</u> Massage Car & home maintenance Bedroom deep-clean <u>4th week of month</u> Training data analysis & progress photo Living/dining room deep clean	