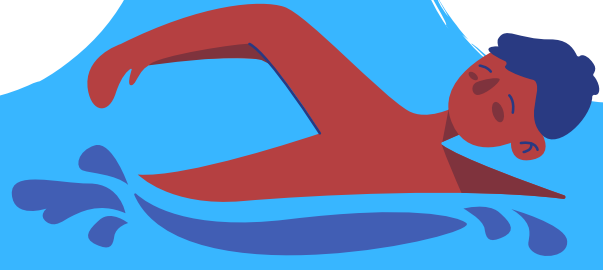


Tri Week

SWIM

BIKE

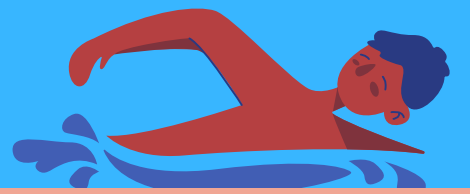
RUN



A grid of 24 white circular markers arranged in three columns and eight rows. The first row of the first column contains the word "SWIM", the first row of the second column contains "BIKE", and the first row of the third column contains "RUN". The remaining 21 circles are empty. The grid is set against a background of a grey road with yellow dashed lines and a blue sky area.



Tri Week



Levels	Distance	Swim	Bike	Run
Level 1 Mini	7.95 mi	.25	6.2	1.5
Level 2 Sprint	16 mi	.50	12.4	3.1
Level 3 Olympic	31.93 mi	.93	24.8	6.2
Level 4 1/2 Ironman	70.3 mi	1.2	56	13.1

Rules:

1. Choose a level
2. HAVE FUN
3. Keep track of the distance you swim, bike, and/ or run each day.
(Honor System)
4. Any water activity can replace swimming.
5. You can do it anywhere but join us at the Rec Center.
6. Once you complete a level return to aeavin@lynnwoodwa.gov

