

MedwayTri Iron
Man Plan

06/10/2014 - 12/10/2015



ATP Year: 1200 hrs
Planned: 1261 hrs
Completed: 0 hrs

- Legend**
- S - Speed skill
 - M - Muscular Endurance
 - A - Anaerobic Endurance
 - T - Testing
 - E - Endurance
 - F - Force
 - P - Power

