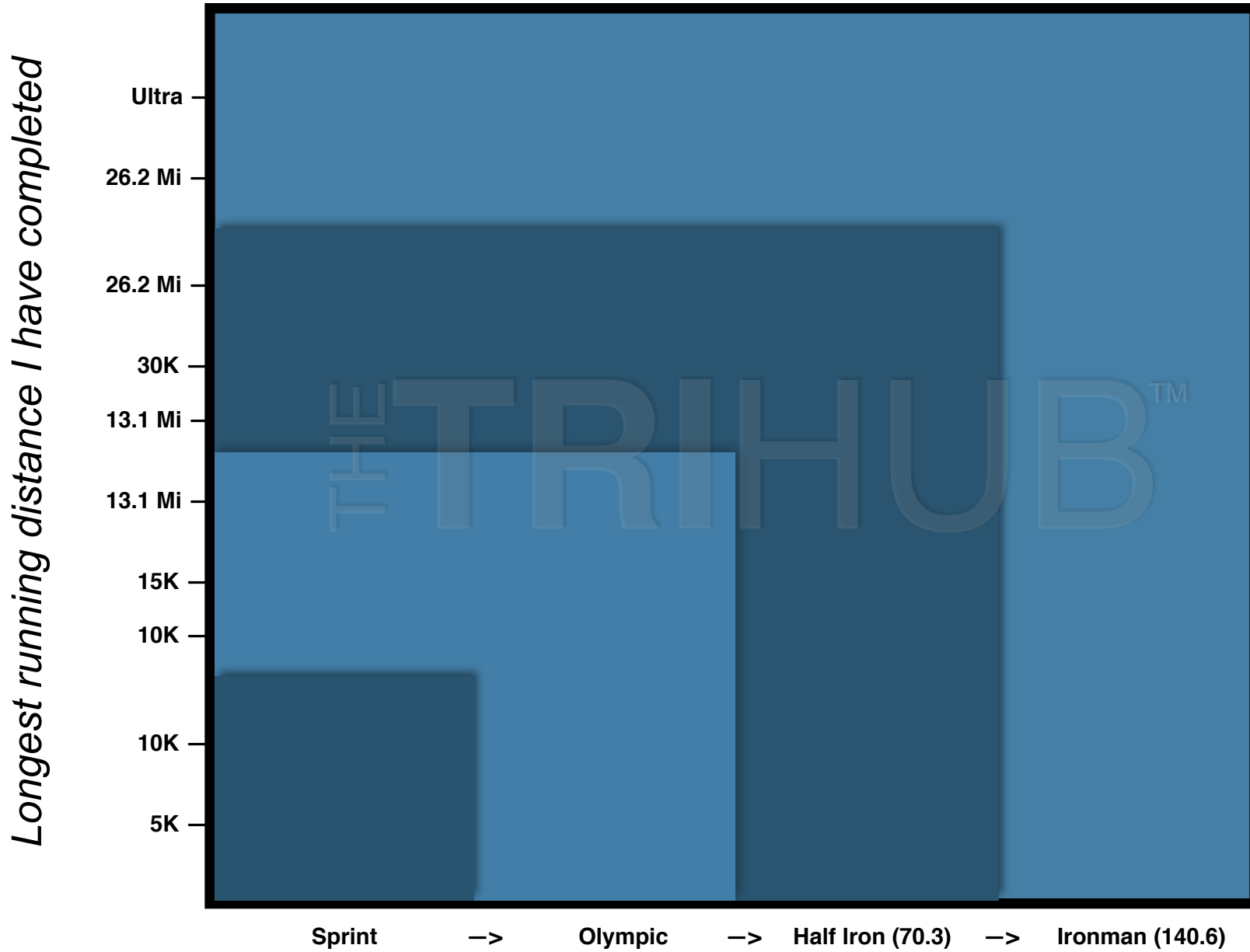


# FITNESS BASE ASSESSMENT CHEAT SHEET

## FOR RUNNERS WHO WILL BE COMPETING IN A TRIATHLON



*A Triathlon I'm ready to train for!*