



IDLE IRONMAN CHALLENGE

MARCH 14 – APRIL 10

Have you ever dreamed of completing a triathlon? Do you want greater variety in your exercise routine? If you answered yes to either of these questions, the Y is here to help with Idle Ironman, our latest offering in the Wellness Challenge Series. While a normal Ironman triathlon is a one day event, the Y's Idle Ironman challenge takes place over the course of a month and provides participants with the experience of a competing in a triathlon, in small manageable stages. This challenge is designed to keep you focused on daily exercise, encourage diversity in your exercise routine and provide accountability.

REGISTRATION DATES: February 22 - March 15

CHALLENGE DATES: March 14 - April 10

FEES: \$15/person

HOW IT WORKS: For four weeks, wellness staff will help participants plan their workouts to equal the distance of an Ironman Triathlon - a 2.4-mile swim, a 112-mile bike and a 26.2-mile run. You can sign up as an individual or as a relay team with two or three people. All participants will receive a t-shirt upon completion of the program. Packet pick up will be March 10-14. Come pick up your rules, group workout schedule and make a plan with a wellness staff.

For more information, contact: Raschel Biagioli, Fitness Programming Director at (414) 274-0807 or rbiagioli@ymcamke.org.

Don't get lost in transition! **REGISTER TODAY!**

THE TOUGH TRI HARDER



Conversions and Options

To complete the Idle Ironman Challenge in a month, you'll have to work out 4 days per week doing...

| | |
|--------------------------|--------------------------------|
| Run/Walk | 1.64 Miles |
| Bike | 7 Miles |
| Swim (Yard Pool) | 5.5 Laps 11 Lengths |
| Swim (Meter Pool) | 4 Laps 8 Lengths |

Running = 26.2 Miles

Stair Climbing Machine

Eliptical Trainer

Cross Trainer

Treadmill

Outdoor running

Indoor Running

Walking

Arc Trainer

Biking = 112 Miles

Spinning Class (moderate effort) 45 minutes 8 Miles

Spinning Class (moderate effort) 60 minutes 10 Miles

Spinning Class (vigorous effort) 45 minutes 12 Miles

Spinning Class (vigorous effort) 60 minutes 16 Miles

Swimming = 2.4 Miles

2.4 Miles = 2672 ft. = 4224 yds.

1 length = 25 yards

1 lap = 50yards

4224 yards = 85 laps

4224 yards = 169 lengths

2.4 Miles = 1426.42 Meters

1 length = 25 Meters

1 lap = 50 Meters

1426 Meters = 30 Laps

1426 Meters = 60 Lengths

Rowing for 15 minutes = .4 miles

Water Aerobics 45 minutes= .9 miles

Water Aerobics 60 minutes = 1.2 miles

Walk additional 7 miles = 2.4 miles swim

Rules and Guidelines

- Must complete competition within the allotted 30 days from March 14-April 10.
- Distances will be tallied on Tuesdays at 9am for weekly standings.
- Individuals must be 10 years or older. Youth policy guidelines apply.
- Relays must consist of three participants and the team will work together to complete total mileage.
- Teams may divide mileage any way they choose.
- Participants will receive a participant number; this is how each individual will be tracked. Relay teams will receive one number for the team.
- Individuals are responsible for logging their own distances in tracking binder located in the Wellness Center, this is the honor system.
- Indoor and outdoor activities count toward totals.
- Two weekly group work outs will be provided by a wellness coach per week. Center Specific Schedule. Watch for information on other workshops.
- Please see conversion chart for further explanation of options.
- Community participant rate includes a 4 week membership
- Registration can be done at the front desk, or online.