



GOOD THINGS COME TO THOSE WHO TRI IDLE IRONMAN CHALLENGE



Have you ever dreamed of completing a triathlon? Or maybe you're just bored of the same old exercise routine and you're looking for a way to change it up. The Y is here to help with our Idle Ironman Wellness Challenge!

HOW IT WORKS: 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 is a challenge that's designed to keep you focused on daily exercise, encourage diversity in your exercise routine and provide accountability. For four weeks, wellness staff will help participants plan their workouts to complete 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 of up to three people. All participants will receive a packet that includes the guidelines and the group workout schedule, along with a T-shirt upon completion of the challenge.

CHALLENGE DATES: March 18 - April 14

EARLY BIRD REGISTRATION: February 18 - March 3
Pricing: Y-Members - \$15; Community Participant - \$45

OPEN REGISTRATION: March 4 - March 17
Pricing: Y-Members - \$20; Community Participant - \$50

* A \$5 late fee will be applied to any registrations after March 18

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

For more information, please contact: Andy Emanuelson, Fitness Director at (414) 274-0837 or aemanuelson@ymcamke.org.

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
Elliptical 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 Mile

Swimming = 2.4 Miles

2.4 miles = 2672 ft = 4224 yds.

2.4 miles = 3862 meters

Lap Pool:

1 length = 25 yards or 25 meters

1 lap = 50yards or 50 meters

2.4 miles = 4224 yards = 84.5 laps

2.4 miles = 4224 yards = 170 lengths

Schroeder Olympic Pool:

1 length = 50 yards or 50 meters

1 lap = 100 yards or 100meters

2.4 miles = 4224 yards = 42.25 laps

2.4 miles = 4224 yards = 85 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 4 weeks from March 18 - April 14.
- 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.