



Indoor Ironman Challenge Tracking Sheet

To compete for prizes, email completed tracker to Alex Brown at abrown@winonaymca.org

Name: _____

Phone: _____

Email: _____

| SWIM: 2.4 MILES | | | | | | | BIKE: 112 MILES | | | | | | | RUN/WALK: 26.2 MILES | | | | | | |
|------------------------------|------|------|-------|------|--------|------|----------------------------|------|------|-------|------|--------|------|---------------------------------|------|------|-------|------|--------|------|
| Sat. | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. |
| Week 1 | | | | | | | | | | | | | | | | | | | | |
| Week 2 | | | | | | | | | | | | | | | | | | | | |
| Week 3 | | | | | | | | | | | | | | | | | | | | |
| Week 4 | | | | | | | | | | | | | | | | | | | | |
| Week 5 | | | | | | | | | | | | | | | | | | | | |
| Sub Total: | | | | | | | | | | | | | | | | | | | | |
| Total Miles Swimming: | | | | | | | Total Miles Biking: | | | | | | | Total Miles Run/Walking: | | | | | | |

Swimming Alternatives/Conversions

450 yard swim = 9 laps = 0.25 mile
 45-60 min water fitness class = 0.5 mile

Biking Alternatives/Conversions

45 min cycling class = 14 miles
 1 mile elliptical or stationary bike = 1 mile

Run/Walk Alternatives/Conversions

1 hour cardio fitness class = 5 miles
 1 hour water jog/walk = 1 mile
 1 mile elliptical = 1 mile

YOU CAN DO THIS! Swim Strong. Cycle Fast. Run Hard.

Dates to Remember

- 3/1 - Indoor Ironman Challenge starts
- 3/11 - Registration Closes
- 3/31 - Last Day of the Indoor Ironman Challenge