



Indoor Ironman Challenge Tracking Sheet

To compete for prizes, email completed tracker to Suzanne at sredepennig@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

- 30 min cycling class = 7 miles
- 1 mile elliptical = 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
- 3/31 - Last Day of the Indoor Ironman Challenge

Plan Your Workouts

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	