



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! 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 challenge that's designed to keep you focused on daily exercise, encourage diversity in your exercise routine and provide accountability.

HOW IT WORKS: 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 T-shirt upon completion of the challenge. You'll receive a packet that includes the guidelines and group workout schedule. Packet pick up is from March 15-20.

CHALLENGE DATES: March 19 - April 15

EARLY BIRD PRICING: February 19 - March 4
Y-Members - \$15; Community Participant - \$45

OPEN REGISTRATION PRICING: March 5 - March 18
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, contact: Carley Hoelzel, Senior Director of Healthy Living at (414) 274-0807 or choezel@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 19 - April 15.
- 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.