

# WINONA FAMILY YMCA INDOOR IRONMAN CHALLENGE

March 1-31, 2024



## ACTIVITY CONVERSIONS WHAT COUNTS AS GOALS MILEAGE:

### Biking

1 mile on stationary bike or seated elliptical (including miles logged in cycle class) = 1 mile

### Swimming

- 9 laps/ 18 lengths in the YMCA lap pool =  $\frac{1}{4}$  mile
- 45-60 minute water exercise class =  $\frac{1}{4}$  mile
- 850 meters rowing =  $\frac{1}{2}$  mile
- 4 walked  $\frac{1}{2}$  laps in pool = 1 lap

### Running

- 1 mile or running, walking, or elliptical = 1 mile
- 30 minute group exercise class = 1 mile
- 60 minute group exercise class = 2 miles

### Goals:

Swim-2.4 Miles

Bike-112 Miles

Run-26.2 Miles