

WINONA FAMILY YMCA INDOOR IRONMAN CHALLENGE

March 1 - March 31



WHAT COUNTS TOWARDS MILEAGE:

BIKING: 112 MILES

- 1 mile on stationary bike, seated elliptical, or NuStep (including miles logged in cycling class) = 1 mile

SWIMMING: 2.4 MILES

- 9 laps/18 lengths in the YMCA lap pool = 1/4 mile
- 45-60 minutes water exercise class = 1/4 mile
- 850 meters rowing = 1 lap
- 4 walked 1/2 laps in pool = 1 lap

RUNNING: 26.2 MILES

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

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