

LAZYMEN IRONMAN



6th Annual TRIATHLON 2024 Mon. Feb 5 – Sun. March 31 8-week challenge Entry fee: \$15 per person Registration opens: Mon, Jan 15 Must sign a waiver

Kick off the New Year and stay motivated
through the winter with this fitness challenge.
ALL FITNESS LEVELS WELCOME!!



2.4 mi



112 mi



26.2 mi

Lazyman Ironman Rules:

- Anyone 13 years and older
- Register for individual, team or both
- Complete the Ironman once or as many times as you can in eight weeks
- Work out in Wellness Center, Group Fitness Classes or CrossFit
- Record your progress on the slips made available (the Y will record)
- Your weekly slips will go into a drawing (prize will be drawn every 2 weeks)

RECEIVE A
T-SHIRT AT THE
END OF THE
CHALLENGE

Prizes:

- \$25 Shoe Science gift card
- 1 month of Taekwondo (2 given away)
- 1 month of MELT (2 given away)
- 4-week session of AMPED (1 given away)
- 1 Free Inbody Scan with Brooke
- One 60 min. YMCA Personal Training
- One 60 min. Rails Personal Training
- 1 month of Rails (1 given away)
- 5 hours of Child Watch for 1 child

Swimming options

Swim laps - 2.4 miles
Water Exercise Class -
4 classes = 1 mile

Biking options

Bike - 112 miles
Cycling Class - actual miles
Outside Bike - actual miles

Running options

Run - 26.2 miles
Run/Walk Track - 26.2 miles
Elliptical/Treadmill - 26.2 miles
30 min class - 2.5 miles
45 min class - 3.5 miles
1 hour class - 5 miles
**(Class can be Group Fitness,
Personal Training, Rails)**