

# AUGUST 2017 LAZY MAN IRONMAN TRACKER

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 Run/Walk:  Swim:  Bike:	2 Run/Walk:  Swim:  Bike:	3 Run/Walk:  Swim:  Bike:	4 Run/Walk:  Swim:  Bike:	5 Run/Walk:  Swim:  Bike:
6 Run/Walk:  Swim:  Bike:	7 Run/Walk:  Swim:  Bike:	8 Run/Walk:  Swim:  Bike:	9 Run/Walk:  Swim:  Bike:	10 Run/Walk:  Swim:  Bike:	11 Run/Walk:  Swim:  Bike:	12 Run/Walk:  Swim:  Bike:
13 Run/Walk:  Swim:  Bike:	14 Run/Walk:  Swim:  Bike:	15 Run/Walk:  Swim:  Bike:	16 Run/Walk:  Swim:  Bike:	17 Run/Walk:  Swim:  Bike:	18 Run/Walk:  Swim:  Bike:	19 Run/Walk:  Swim:  Bike:
20 Run/Walk:  Swim:  Bike:	21 Run/Walk:  Swim:  Bike:	22 Run/Walk:  Swim:  Bike:	23 Run/Walk:  Swim:  Bike:	24 Run/Walk:  Swim:  Bike:	25 Run/Walk:  Swim:  Bike:	26 Run/Walk:  Swim:  Bike:
27 Run/Walk:  Swim:  Bike:	28 Run/Walk:  Swim:  Bike:	29 Run/Walk:  Swim:  Bike:	30 Run/Walk:  Swim:  Bike:	31 Run/Walk:  Swim:  Bike:		August Total: Run/Walk:  Swim:  Bike:

## Notes

- Track your distances each day for each qualifying sport. Here are standard Ironman triathlon distances:**
  - Swim 2.4 miles
  - Run or walk 26.2 miles
  - Bike 112 miles
- YOU DON'T HAVE TO PERFORM EACH SPECIFIC SPORT TO POST QUALIFYING TIMES/MILES! Check out these great alternate activities—and add some of your own!**
  - 1-hour water fitness class = 1 mile swim
  - 1-hour water walking/jogging = 3 miles run/walk/swim; 5 miles bike
  - 1-hour aerobics class (i.e., kickboxing, boot camp, Zumba) = 5 miles run/walk/swim; 7 miles bike
  - 1-hour treadmill/elliptical = 5 miles run/walk/bike/swim (or mileage counter on machine)
  - 1-hour spin cycle class = 20 miles bike
  - 1-hour physical therapy = 5 miles swim; 5 miles run/walk; 10 miles bike