



**DO MORE
BE MORE**

GO THE DISTANCE



7th Annual IDLE IRONMAN CHALLENGE

Do you like a challenge and friendly competition? Join us for this fun challenge between members!

What is the Idle Ironman Challenge?

The Idle Ironman Challenge covers the distance of an Ironman Triathlon over the course of 31 days. (2.4 mile swim, 112 mile bike, 26.2 mile run)

JULY 1-31, 2026

**Earn a Y-branded t-shirt upon completion!
Watch for daily participant progress updates in branch.**

Cost: \$25 (Members only)

Ages: 10 and up

Register: June 1-30



See reverse for more information and guidelines.

faymca.org
FOOTHILLS AREA YMCA



IDLE IRONMAN CHALLENGE

JULY 1-31, 2026

- Participants are responsible for logging their own distances in our log book and on the tracking board near the welcome desk. Remember that honesty is a YMCA core value!
- Any indoor or outdoor activities count toward totals.
- Earn a T-SHIRT upon completion!
- Prizes for first places finishers in each category.

CONVERSIONS & OPTIONS

To complete the Idle Ironman Challenge in a month, you'll need to complete the following each week:

RUN/WALK 6.5 miles/week
BIKE 28 miles/week
SWIM 21 laps/week

RUNNING/WALKING = 26.2 miles

Treadmill, Outdoor Running, Walking, Elliptical or Cross Trainer

BIKING = 112 miles

Upright Espresso Bike, Recumbent Bike, Keiser Cycle Bike, Outdoor Riding, Cycle Class

CYCLE CLASS EQUIVALENTS:

45 min class (moderate) = 8 miles
45 min class (vigorous) = 10 miles
60 min class (moderate) = 12 miles
60 min class (vigorous) = 16 miles

SWIMMING = 2.4 miles

2.4 miles = 12,672 ft = 4224 yards
1 length = 25 yards
1 lap = 50 yards
4224 yards = 85 laps
4224 yards = 169 lengths

ALTERNATIVE SWIMMING OPTIONS:

Row Machine 15 minutes = .4 miles
Water Aerobics 45 minutes = .4 miles

RULES & GUIDELINES

- Must complete the challenge within the allotted 31 days from July 1-July 31.
- Distances are to be self-updated on the tracking board near the welcome desk.
- Participants must be age 10 or older. Participants 10-11 years old must complete a Kids Cardio appointment with a Fitness Coach prior to registration.
- All distances recorded are on the honor system...don't cheat yourself!
- Indoor and Outdoor activities count towards your total.
- Register at the Welcome Desk or online at faymca.org.

RELAY TEAM GUIDELINES

- Relay Teams may divide mileage any way they choose.
- Relays must consist of three participants and the team will work together to complete the total mileage.
- All participants on a relay must register individually.

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