



Concord Family YMCA

Fitness Challenge

Lazyman Triathlon

Join the YMCA's Indoor Ironman Lazyman Triathlon!
Challenge yourself for 6-weeks with swimming/
water walking, biking and running/walking.
SWIM 2.4 MILES - BIKE 112 MILES - RUN 26.2 MILES

The distance of an Ironman Tri!

At the completion be prepared to sign up to compete
in the **YMCA's Second Indoor Triathlon on Sunday, April 11**
That's a swim, bike and run/walk all completed indoors! Complete
two triathlons in less than two months. **WOW!**

THINK YOU CAN'T DO IT? YES YOU CAN -YOU HAVE 6 WEEKS TO COMPLETE IT!

March 1st- April 10th

SWIM 2.4 MILES - BIKE 112 MILES - RUN 26.2 MILES

THE SWIM - Laps, any stroke, kickboard or (Water Aerobics Class = 10 laps)

THE BIKE- Mountain/Road Bike, Recumbent Bike or (Spin Class = 10 miles)

THE RUN- Walk, Snowshoe, X-Country Skiing, Water Jogging, Elliptical, or
(Fitness Classes = 3miles)

TRANSITIONS (T1, T2) Take a Yoga, Pilates Class or balls,bands,weight class

Record your efforts (honor system) on the huge chart that will be posted on the
2nd floor. Weekly progress will be noted with prizes!

- The Costs: \$5 and includes prizes & a Dri-wick T-shirt for all.
- Register at the Welcome Center in the lobby.
- Contact for more information :
- Deb Acres dacres@concordymca.org
- Rebecca Stephens rstephens@concordymca.org

FUN EVENT FOR ALL!

