

LAZY IRONMAN

Tracking Sheet

RUN 26.2 Miles

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26.2



BIKE 112 Miles

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52
53	54	55	56	57	58	59	60	61	62	63	64	65
66	67	68	69	70	71	72	73	74	75	76	77	78
79	80	81	82	83	84	85	86	87	88	89	90	91
92	93	94	95	96	97	98	99	100	101	102	103	104
105	106	107	108	109	110	111	112					



SWIM 2.3 Miles (80 laps/160 lengths in a 25-yard pool)

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52
53	54	55	56	57	58	59	60	61	62	63	64	65
66	67	68	69	70	71	72	73	74	75	76	77	78
79	80											



1. 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

2. 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 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



OCTOBER 2020

LAZY IRONMAN

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
					Run:	Run:
					Bike:	Bike:
					Swim:	Swim:
04	05	06	07	08	09	10
Run:	Run:	Run:	Run:	Run:	Run:	Run:
Bike:	Bike:	Bike:	Bike:	Bike:	Bike:	Bike:
Swim:	Swim:	Swim:	Swim:	Swim:	Swim:	Swim:
11	12	13	14	15	16	17
Run:	Run:	Run:	Run:	Run:	Run:	Run:
Bike:	Bike:	Bike:	Bike:	Bike:	Bike:	Bike:
Swim:	Swim:	Swim:	Swim:	Swim:	Swim:	Swim:
18	19	20	21	22	23	24
Run:	Run:	Run:	Run:	Run:	Run:	Run:
Bike:	Bike:	Bike:	Bike:	Bike:	Bike:	Bike:
Swim:	Swim:	Swim:	Swim:	Swim:	Swim:	Swim:
25	26	27	28	29	30	31
Run:	Run:	Run:	Run:	Run:	Run:	Run:
Bike:	Bike:	Bike:	Bike:	Bike:	Bike:	Bike:
Swim:	Swim:	Swim:	Swim:	Swim:	Swim:	Swim:

