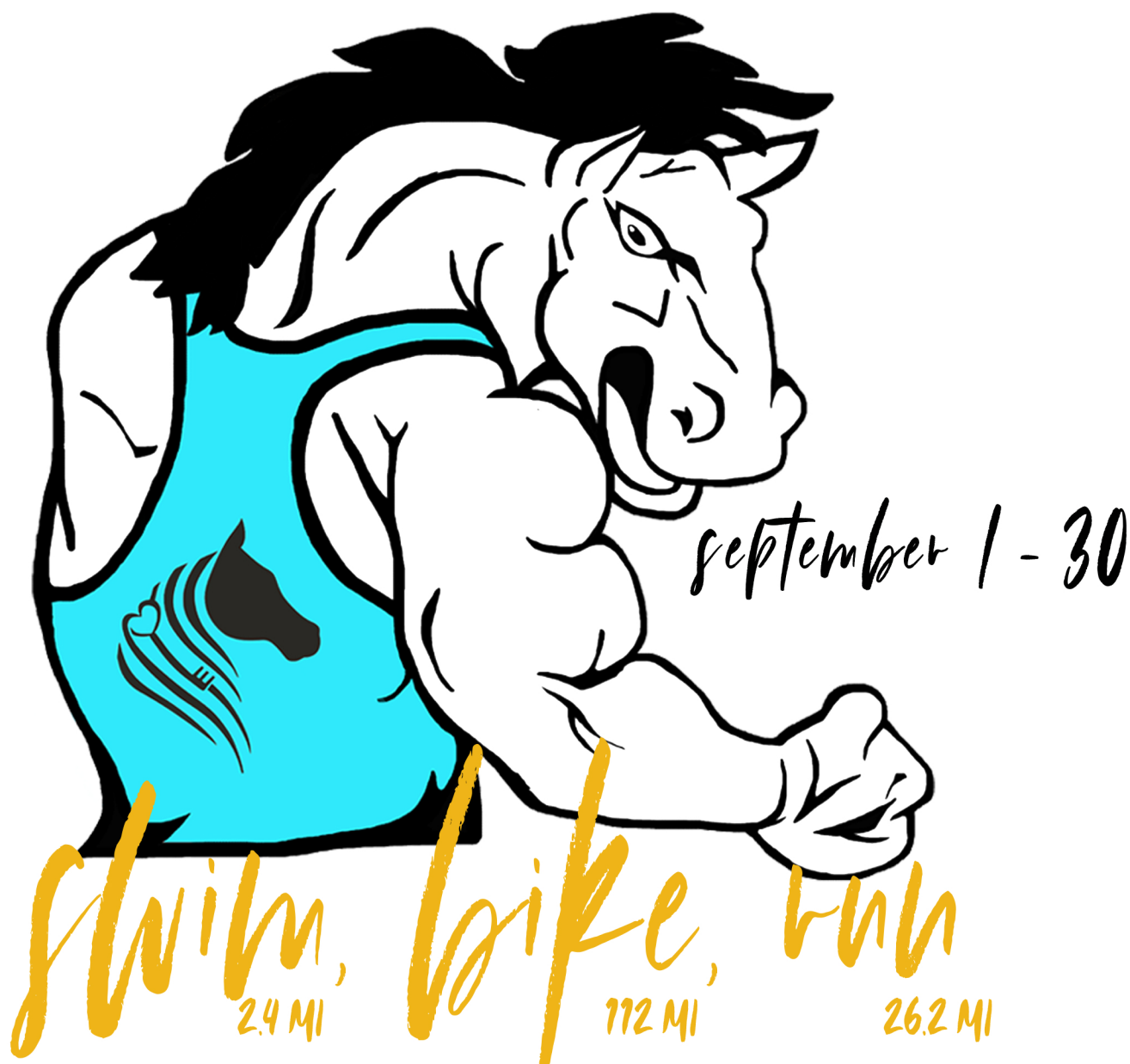


THE LAZY MAN TRIATHLON



30 DAYS TO COMPLETE

TRIATHLON

2.4 M

772 MI

26.2 MI

DISTANCE / ACTIVITY

[illegible]

DISTANCE / ACTIVITY



September 1-30

stridestc.org

THE LAZY MAN TRIATHLON

swim, bike, run
2.4 MI 77.2 MI 26.2 MI

DATE

DISTANCE / ACTIVITY

DISTANCE CHEAT SHEET:

1 length = 25 yards / meters. You must swim from 1 wall to the opposite wall.

Wall ----->----- Wall = One Length

1 lap = 50 yards / meters & requires swimming all the way down & back to the start.

25 meter pool

Quarter-mile: 16.1 lengths; 8 laps

Half mile: 32.2 lengths; 16.1 laps

One mile: 64.4 lengths; 32.2 laps

Lazy Man Triathlon 2.4 miles = 77.25 laps

25 yard pool

Quarter-mile: 17.6 lengths; 8.8 laps

Half-mile: 35.2 lengths; 17.6 laps

One mile: 70.4 lengths; 35.2 laps

Lazy Man Triathlon 2.4 miles = 84.5 laps



Name on Registration: _____

stridec.org

September 1 - 30