



Be Fit Triathlon

Triathlon Requirements

- Mini challenge #2 (February 9-March 7) is a triathlon. You must complete 2.4 mile swim, 112 miles on bike & a 26.2 miles run/walk in 4 weeks.

Are there any substitutions that can be made for the Triathlon?

- Yes. You can substitute Aqua Jogging or Rowing for the swimming requirement in the Triathlon mini challenge. Aqua Jogging is jogging in the pool. You can do it in the shallow end or wear a belt and jog to the deep end. Dumbbells are also available. Rowing is done outside the pool on the rowing machines. There are 2 rowing machines available at the Y. You do not need to be a great swimmer to complete this portion of the triathlon. You can use fins and kickboards. *These are the only substitutions.* There are no substitutions for the biking or run/walk requirement.

Cycling classes count toward your biking miles

- Take advantage of the classes offered at the YMCA to get your biking miles in. A cycling class is 15 miles. Cycle Box is 7.5 miles. Remember to sign up for these classes in advance as they are limited due to the number of bikes available. See the Y fitness class schedule to find out when classes are offered. You can also use the stationary bikes in the cardio loft and exercise room.

You can use the YMCA for FREE!

- If you are not a member of the YMCA you can use the facility and attend any classes for FREE February 9th-March 7th.