



THERE'S NOTHING LAZY ABOUT IT

KNOX COUNTY YMCA 2024 Lazy Man's Ironman Triathlon Mileage Log Sheet

**LAZY
MAN
IRONMAN** 2024

NAME: _____



	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28	Feb 29	
Swim																										
Bike																										
Run/Walk 26.2 miles																										

	Mar 1	Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	Total		
Swim 2.4 miles																										Swim	
Bike 112 miles																											Bike
Run/Walk 26.2 miles																											Run

ALTERNATIVE ACTIVITIES & CONVERSIONS

- *Treadmills, elliptical/arc trainers and stationary/cycling bikes may be used to complete any run/walk/bike miles.
- *Swimming = 84 laps or 164 lengths. Any stroke can be used in addition to water walking and/or using kick boards.
- *2 hours on row machine = 2.4 mile swim.
- *1 hour of aerobic activity/class (or 2 hours of non aerobic) = 5 mile run or 10 mile bike.