



30-day Ironman

*Over a period of 30 consecutive days, complete the Ironman distances:
2.4 mile swim; 112 mile bike and a marathon run*

Swim restricted to the pool; run and bike can be in the Fitness center or outside.

Swim 2.4 miles (4,224 yds). 169 lengths in the pool.
Minimum swim 400 yds (16 lengths)

Bike 112 miles
Minimum bike 5 miles

Run 26 miles, 385 yards
Minimum run 2 miles

How to enter:

Sign up on Imleagues.com

Finish the Ironman within 30 days and receive an Ironman T-shirt