



BIKE HENDERSON

LAZY MAN TRIATHLON

Do you wonder how triathletes can swim a couple miles, bike over 100 miles and then run a full marathon all in one day? Well, now is your chance to find out ... *sort of.*

Join us in the Lazy Man Triathlon, where instead of only one day to do a triathlon, you'll get the entire month to complete one. It's a FUN way to "tri."

What does it involve?

- Participants will sign up for one of four triathlon distances.
- During the designated month, participants will log workouts and accrue miles until they reach their desired distance.

Triathlon Distances Categories

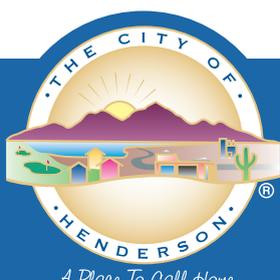
Category	Swim	Bike	Run
Sprint	.47 mile (750m)	12 miles	3.1 miles
Intermediate	.93 mile (1500m)	25 miles	6.2 miles
Half Distance	1.2 miles (1900m)	56 miles	13.1 miles
Full Distance	2.4 miles (3900m)	112 miles	26.2 miles

Methods of achieving distances:

- **Run:** run, jog, or walk to reach goal distance. Outdoors or in the gym (track, treadmill, elliptical).
- **Bike:** bike outdoors or indoors to reach goal distance (any stationary bike, indoor cycling/spin class: 1 hour = 12 miles).
- **Swim:** choose a body of water – pool or open water - to reach goal distance. Standard pool length is 25 yards - 30 lengths = .47 mile.

Suggestions for a successful event:

- **Registration** – Assign an activity coordinator to manage the event and serve as point of contact.
- **Timeline** - Host the event in May to encourage National Bike Month, or whichever month you choose, to complete the triathlon.
- **Tracking** – Use the tracking template included or choose your own method.
- **Progress** – Encourage employees to submit a weekly update to the activity coordinator to help them stay motivated and on track.
- **Motivation** – Provide weekly tips for each sport/event or status updates to encourage friendly competition.
- **Awards and Prizes** – Provide an award of participation or completion – for every participant or by distance. For extra motivation, conduct a raffle based on overall participation or by each distance. Prizes can be relevant to each sport, gift cards, time off from work, etc.



A Place To Call Home

For more information please contact Scott Jarvis at (702) 267-3065 or Scott.Jarvis@cityofhenderson.com



LAZY MAN TRIATHLON

Week		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Swim	Bike	Run
1	Swim miles		0.25		0.25				TOTALS	0.5	12.5	3.5
	Bike miles	3		3		3		3.5				
	Run miles	1	1		0.75		0.75					
2	Swim miles								TOTALS			
	Bike miles											
	Run miles											
3	Swim miles								TOTALS			
	Bike miles											
	Run miles											
4	Swim miles								TOTALS			
	Bike miles											
	Run miles											
5	Swim miles								TOTALS			
	Bike miles											
	Run miles											
GRAND TOTAL												

Example



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Week		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Swim	Bike	Run
1	Swim miles								TOTALS			
	Bike miles											
	Run miles											
2	Swim miles								TOTALS			
	Bike miles											
	Run miles											
3	Swim miles								TOTALS			
	Bike miles											
	Run miles											
4	Swim miles								TOTALS			
	Bike miles											
	Run miles											
5	Swim miles								TOTALS			
	Bike miles											
	Run miles											
									GRAND TOTAL			