45 min spin = 10.5 mi.
85 laps (down & back) = 2.4 mi.
35 laps of gym = 2 mi.

Bob Freesen YMCA
Fall Triathlon
Walk, Run, Bike, and Swim

Name _____

Run/Walk (26.2)												
Date												
Distance												
Total												

Bike (112)												
Date												
Distance												
Total												

Swim (2.4)												
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