

ZGHI WINTER TRIATHLON FORMAT:

SWIM :120 LAPS (DOWN AND BACK = 1LAP)

BIKE : 112 MILES ON ZGHI LEMOND INDOOR BIKES

RUN : 26 MILES ON TREADMILL OR ELLIPTICAL

**YOU HAVE 14 DAYS TO ACCOMPLISH AND YOU CAN
DO MORE IF YOU LIKE**

BEGINS 1/12/09

ENDS 1/25/09

**TIMING IS DONE ON AN INDIVIDUAL BASIS. ROUND
ALL TIMES TO NEAREST MINUTE. I WILL GIVE YOU A
LOG SHEET TO RECORD TIMES.**

**ON 1/17/09 WE WILL DO A GROUP SPRINT DISTANCE
TRI AS PART OF THE OVERALL. IT WILL BE A 10 LAP
SWIM, 10 MILE BIKE AND 3 MILE RUN. GROUP WILL
BE TIMED TOGETHER.**

YOU MUST DO AT LEAST TWO EVENTS PER DAY.