



IRON ATHLETE CONVERSIONS 2019

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Challenge Starts February 3rd and ends March 10th!

Substitutions for **RUNNING**

Activity	Miles Completed for Running
60 Minute Land Class	2
50 Minute Land Class	1.5
45 Minute Land Class	1.5
45 Minute WEX Class	1.5
.33 Mile Swim (11 laps)*	1
1 Mile Swim (33 laps)*	3
528 Steps in Stairmaster	1
1 Mile Elliptical	1
1 Mile Walk	1
1 Mile AMT	1
500 Meter Rower	.25

Substitutions for **BIKING**

Activity	Miles Completed for Biking
60 Minute Moderate Spin Class	10
60 Minute Vigorous Spin Class	13

Substitutions for **SWIMMING**

Activity	Miles Completed for swimming
33 Laps Swimming*	1
60 Minute Land Class	.5
50 Minute Land Class	.83
45 Minute Land Class	.75
45 Minute WEX Class	.30
1 Mile Running	.25
8.0 Miles Running	2.0
1 Mile Elliptical	.25
1 Mile Walk	.25
1 Mile AMT	.25
6000 Meter Rower	1

*Swimming laps are 2 pool lengths**