



Tri July

226.31 km

- **3.86 km** swim, row
- **180.25 km** cycle, wheelchair
- **42.2 km** walk, jog, run, crawl, wheelchair, dance

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Details

- Indoor bikes and treadmills as well as wheelchairs, wheelchair hand-bikes and hand-cycles can be used for the walking and cycling distances providing they record distance. No guesstimating.
- You don't have to do all Ironperson distances in one hit or on the same day. You could for instance do a 1 km swim each week, a 2 km walk each day and 15 km of indoor cycling 3 days a week.
- Swimming aids, including kickboards, life vests, water jogging belts and flippers are allowed for the swim. The main thing is to have most of your body submerged in the water and to move under your own steam, with your feet off the ground.
- If there is no swimming pool within 20 km of where you live, then you can replace the swim with an outside 5 km kayak or 5 km on an indoor rower.

Points

Score 50 well deserved points for each leg completed and an extra 50 points if you complete all three legs i.e., 200 points all up.

Alternatively complete Tri July in a team. Divide up the distances and share the 200 points between all team members. For example, if there are 10 members and each do 22.63 km, they each score 20 points.