

Track the distances on your **record sheet**.

- Swim** 2.4 miles (4224 yards)
 - * Swimming laps (84.5 laps – a lap is down and back)
 - * Taking a water aerobics class (1 class = .4 mile)
 - * Aquatic Center and YMCA pools are 25 yards long

- Bike** 112 miles
 - * Stationary cycling (upright or recumbent)
 - * Bike outside
 - * Cycling Class (1 hour class = 10 miles)

- Run/Walk** 26.2 miles
 - * Treadmill run/walk
 - * YMCA Indoor track run/walk (12 laps = 1 mile)
 - * Outdoor track (4 laps = 1 mile)
 - * Aerobics Class (1 class = 1 mile)