

# 2012 MARQUETTE

## Rec Sports

# TRIATHLON CHALLENGE

**\*\*\*Running Time: January 23 – April 27, 2012\*\*\***

### How to participate:

- 1) Sign-ups begin Tuesday, January 17<sup>th</sup> 2012 by emailing your name, MUID number, and three of the activities in bold below which you would like to do to and **WHERE**:  
(PLEASE indicate Rec Center OR Rec Plex)

[Marquettegroupfitness@yahoo.com](mailto:Marquettegroupfitness@yahoo.com)

**NOTE:** There is a maximum of 75 participants, so don't delay!

- 2) Choose three of the following activities and complete all three:

|                       |                |
|-----------------------|----------------|
| <b>Stairmaster</b>    | 3,500 flights  |
| <b>Swimming</b>       | 20 miles       |
| <b>Running</b>        | 75 miles       |
| <b>Upright Bikes</b>  | 175 miles      |
| <b>Recumbent Bike</b> | 175 miles      |
| <b>Rower</b>          | 120 kilometers |
| <b>Aerobics</b>       | 30 hours       |

(1 hr. of physical activity - i.e. Tennis, Racquetball, Basketball, Soccer, Workout DVD etc.)

**Elliptical** 75 miles or 110,000 steps

(Matrix & LifeFitness measures in Miles and the Precor measures in Steps)

- 3) After each workout, record mileage at weight room desk. Fill out a Daily Mileage Form and place it in the box provided.
- 4) Accumulated mileage will be totaled regularly by the Group Fitness Office staff and posted on the fitness center wall.
- 5) Once you have reached the required mileage/amounts in your three exercises, you will have completed the Triathlon.
- 6) Triathletes that finish will also be posted on the weight room wall.

Division of Student Affairs



RECREATIONAL  
SPORTS

**Questions?** Email [Marquettegroupfitness@yahoo.com](mailto:Marquettegroupfitness@yahoo.com)

Call the Group Fitness office at 414-288-6979

