



Free Range Summer Tracking Sheet



Mark off the boxes as you complete distances in each column. Once you complete your goal distance turn in for prize!

Swim

	Sprint	Olympic	1/2 Iron Man		Full Iron Man	
Total distance	750 m/820 yds	1500 m/1640 yds	1.2 miles/2112 yds		2.4 miles/4224 yards	
Distance Complete	250	250	250	250	250	250
	250	250	250	250	250	250
	250	250			250	250
	1 lap = 50 yards		1 length = 25 yards		250 yards = 5 laps	

Bike

	Sprint	Olympic	1/2 Iron Man			Full Iron Man				
Total Distance	12.5 miles	24.5 miles	56 miles			112 miles				
Distance Complete	2	2	2	2	2	2	2	2	2	2
	2	2	2	2	2	2	2	2	2	2
	2	2	2	2	2	2	2	2	2	2
	2	2	2	2	2	2	2	2	2	2
	2	2	2	2	0.5	2	2	2	2	2
	2.5	2	2	2	2		2	2	2	2

Run

	Sprint	Olympic	1/2 Iron Man		Full Iron Man			
Total Distance	3.1 miles	6.21 miles	13.1 miles		26.2 miles			
Distance complete	1	1	1	1	1	1	1	1
	1	1	1	1	1	1	1	1
	1	1	1	1	1	1	1	1
		1/4	1		1			

Mark off the boxes as you complete distances in each column. Once you complete your goal distance turn in for prize!



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Group Exercise Class Equivalents

Bring your paper to class and have instructor initial and date for credit.

Swim: complete the set number of Water HIIT or Water Fit classes for each distance

	Sprint	Olympic	1/2 Iron Man	Full Iron Man
Total number of classes	2 classes	4 classes	8 classes	16 classes
Instructor initial and date				

Bike: complete the set number of Spin classes for each distance

	Sprint	Olympic	1/2 Iron Man	Full Iron Man
Total number of classes	2 classes	4 classes	8 classes	16 classes
Instructor initial and date				

Run: complete the set number of HIIT/Bootcamp/WERQ/ZUMBA/Step/Kickboxing classes

	Sprint	Olympic	1/2 Iron Man	Full Iron Man
Total number of classes	2 classes	4 classes	8 classes	16 classes
Instructor initial and date				