

Spring 2025 Indoor Ironman

18th Annual



Program Dates:

- February 14th through March 14th 2025
- Registration is open on the Rec Sports APP (under IM SPORTS)

Indoor Ironman is:

- 140 miles of fun – completed over 30 days
 - 2 miles swimming
 - 26 miles running
 - 112 miles biking

How it works:

- Individual Ironman
 - ONE person completes all distances of each event
- Partner Ironman (NEW THIS YEAR)
 - TWO people complete any distance of each event
 - Both people swim, bike and run contribute to the overall events and distance
- Team Ironman
 - THREE separate people complete each individual event
 - Person 1: Swim
 - Person 2: Bike
 - Person 3: Walk/Run
- Individuals can compete in **multiple competitions**, however you cannot double dip distances. For example, if you are swimming in the team competition, you will need to swim double the distances.
- Registration options
 - Free to register
 - Ironman Stickers for those who complete the required distances in the designated time frame.
 - Additional give-aways may be available at the time of pick-up. First come, first serve.

- Fitness Membership Access Areas: Williams Center Weight Room, University Fitness, Group Indoor Cycling classes
 - UWW students must claim membership in order to gain access to different areas of the facility or programs to complete distances.
 - Community members are permitted to register for the Indoor Ironman and must have a fitness or gold membership to participate.

Logging/Reporting Distances

- Under each League in the Rec Sports App there are links to the respective google forms for participants to submit their workouts.
- There are three widgets in the Rec Sports App that lead directly to the individual, partner and team log forms.

Swim: Participants can wear fins and use a kickboard to complete 132 lengths. The only thing participants cannot do is hold on to the wall or lane lines and "slide." GOAL: 132 Lengths

Bike: Miles can be completed on an upright or recumbent bike, indoor cycling class with group fitness for the exact mileage or outdoor on a pedal bike, recorded to the nearest .25 mile GOAL: 112 miles

Walk/Run: Miles can be completed on a treadmill, elliptical, AMT, indoor/outdoor GOAL: 26 miles

How to sign up:

- Log onto IM-leagues or the Rec Sports App
- Go under the IM SPORTS section
- Select Indoor Ironman
- Register for the corresponding challenge you would like to participate in

Any questions - please reach out to Jen Kaina - kainaj@uww.edu