



# 36 HALF IRONMAN

'CHOOSE YOUR'

# CHALLENGE

We understand how busy life can get, between work, family, and other obligations, it can be tough to commit to a challenge. Whilst no-one is expecting you to tackle 36 Half Ironman's, we do have options for you to get involved and join Layne as he takes on his biggest challenge yet!

## SOLO

By taking on the Solo Challenge, you can set your own pace and choose your own distance.

Complete one Half Ironman over 36 days:

1.9km Swim

90km bike ride

21.1km walk/run

OR

Complete multiple Half Ironmans over 36 days:

If you are looking to challenge yourself even more, why not set yourself a goal of completing multiple Ironmans over the 36 days? You choose how many!

## TEAM UP

Not confident in swimming? Not a fan of bike riding? Prefer not to run?

Want to participate but do so in a team? Keen to get your organisation involved?

The Teaming up Challenge is for you!

Find two friends to split the challenge with, and tackle a component each!

Why not complete 36 Half Ironmans as an organisation?!

You choose the distance and the challenge!