

## LDC Ironman Challenge



Start training now for next season. The Ironman Challenge is a great off-ice conditioning test. It will push you both physically and mentally. You can run the Darwin Hill course, or pick a place and run a loop that is about a mile, with some added challenges. There will be 7 stations throughout the course. The total distance you run is about 3 miles.

**Challenge 1-Push-ups 75 reps**

**Challenge 2-Squats 75 reps**

**Challenge 3 -Lunges 50 reps**

**Challenge 4 -Jump ropes 250 reps (with jump rope)**

**Challenge 5 –Pull-ups 25 reps**

**Challenge 6 –Sit-ups 75**

**Challenge 7 –Skater Strides 50 reps**

\*You will complete the course three times. The final lap will be done without any challenges, just running.

### Rules

- Reps are a total; not necessarily done at one shot. For example, 75 push-ups can be done in 3 groups of 25 or 7 groups of 10 and a group of 5. As long as you meet the required total at the challenge before moving on, you can do it however you want.

- May run alone or with a group. Individuals must complete the reps at each challenge.