

Phillips County Amateur Triathlon Formulas for Miles, Classes and Calisthenics - 2019

ADULT	Event	Miles/#'s		
	Bike	112	Ratio	Total Miles
	Jumping Jacks	1200	1 = .0415	49.8 miles
	Jump Rope	900	1 = .0415	37.35 miles
	1/2 Sit-ups	600	1 = .0415	24.9 miles
	Circuit Training	18 Sessions	1 = 6.22	112 miles
	Water Exercise	12 Classes	1 = 9.33	112 miles
	Other Classes	12 Classes	1 = 9.33	112 miles
	Run/Walk	26.2	Ratio	Total Miles
	Jumping Jacks	1200	1 = .01	12 miles
	Jump Rope	900	1 = .01	9 miles
	1/2 Sit-ups	600	1 = .01	6 miles
	Circuit Training	18 Sessions	1 = 1.45	26.1 miles
	Water Exercise	12 Classes	1 = 2.18	26.2 miles
	Other Classes	12 Classes	1 = 2.18	26.2 miles
	Swim	2.4	Ratio	Total Miles
	Jumping Jacks	1200	1 = .0009	1.08 miles
	Jump Rope	900	1 = .0009	.81 miles
	1/2 Sit-ups	600	1 = .0009	.54 miles
	Circuit Training	18 Sessions	1 = .133	2.4 miles
	Water Exercise	12 Classes	1 = .2	2.4 miles
	Other Classes	12 Classes	1 = .2	2.4 miles

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JUNIOR/SENIOR

	Bike	56	Ratio	Total Miles
	Jumping Jacks	600	1 = .042	25.2 miles
	Jump Rope	450	1 = .042	18.9 miles
	1/2 Sit-ups	300	1 = .042	12.6 miles
	Circuit Training	18	1 = 3.11	56 miles
	Water Exercise	12	1 = 4.67	56 miles
	Other Classes	12	1 = 4.67	56 miles
	Run/Walk	13.1	Ratio	Total Miles
	Jumping Jacks	600	1 = .01	6 miles
	Jump Rope	450	1 = .01	4.5 miles
	1/2 Sit-ups	300	1 = .01	3 miles
	Circuit Training	18	1 = .73	13.1 miles
	Water Exercise	12	1 = 1.1	1.32 miles
	Other Classes	12	1 = 1.1	1.32 miles
	Swim	1.2	Ratio	Total Miles
	Jumping Jacks	600	1 = .001	.6 miles
	Jump Rope	450	1 = .001	.45 miles
	1/2 Sit-ups	300	1 = .001	.3 miles
	Circuit Training	18	1 = .067	.12 miles
	Water Exercise	12	1 = .1	1.2 miles
	Other Classes	12	1 = .1	1.2 miles

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PEE WEE

	Bike	22.5	Ratio	Total Miles
	Jumping Jacks	300	1 = .034	10.2 miles
	Jump Rope	225	1 = .034	7.65 miles
	1/2 Sit-ups	150	1 = .034	5.1 miles
	Other Classes	12	1.875	22.5 miles
	Run/Walk	5.25	Ratio	Total Miles
	Jumping Jacks	300	1 = .008	2.4 miles
	Jump Rope	225	1 = .008	1.8 miles
	1/2 Sit-ups	150	1 = .008	1.2 miles
	Other Classes	12	1 = .44	5.28 miles
	Swim	0.06	Ratio	Total Miles
	Jumping Jacks	300	1 = .0009	.27 miles
	Jump Rope	225	1 = .0009	.20 miles
	1/2 Sit-ups	150	1 = .0009	.14 miles
	Other Classes	12	1 = .005	.06 miles