

Taranaki Triathlon Club



www.tritaranaki.nz

TRIATHLON

Short

300m swim (1 lap)
10km bike (out and back)
2.5km run (2 laps)

Long

750m swim (1 lap)
19km bike (2 laps)
5km run (4 laps)

DUATHLON

Short

1.25km run (1 lap)
10km bike (out and back)
2.5km run (2 laps)

Long

2.5km run (2 laps)
19km bike (2 laps)
5km run (4 laps)

