



Taranaki Triathlon Club



www.tritaranaki.nz

TRIATHLON

Short
 2km run (1 lap)
 10km bike (out and back)
 100m swim (4 lengths)

Long
 4km run (2 lap)
 18km bike (2 laps)
 300m swim (12 lengths)

DUATHLON

Short
 2km run (1 lap)
 10km bike (out and back)
 1km run (1 short lap)

Long
 4km run (2 laps)
 18km bike (2 laps)
 1km run (1 short lap)