

How long you spend running, biking and kayaking is up to you, but if you are not sure how to split your time up, a good plan would be to spend approximately the following amount on time on each discipline:

	Masters	Novices	Duo
Trail Running	2 hrs 30 mins	2 hrs 00 mins	2 hrs 30 mins
Moutain Biking	3 hrs 00 mins	2 hrs 30 mins	2 hrs 30 mins
Kayaking	30 mins	30 mins	
Total	6 hrs	5 hrs	5 hrs

Not sure how to fit the timings above in around your allocated kayak slot? The schematic below gives an example of one way you could do this. This schematic is based on people running first (as that is what around 70% of our racers tend to do). You can run and bike as many times as you like so you could chose to run, then bike, then run again, if you wanted.

