

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 15 mins	1 hrs 30 mins	2 hrs 15 mins
Mountain Biking	2 hrs 45 mins	2 hrs 30 mins	2 hrs 45 mins
Kayaking	60 mins	60 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 is certainly not the only way and, depending on your kayak timeslot, you may decide to do the disciplines in a different order. You can also run and bike as many times as you like so you could plan to run before and after you bike, as an example.

