

How long you spend running / biking 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 45 mins	2 hrs
Mountain Biking	3 hrs 15 mins	2 hrs 45 mins	3 hrs
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.

