



# Questars

CHOOSE TO THRIVE

## Chilterns - 13 September 2025

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

	Masters	Novice	Duo
Trail Running	2 hrs 15 mins	1 hrs 45 mins	2 hrs 15 mins
Moutain Biking	2 hrs 45 mins	2 hrs 15 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 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.

For example, you can either run or bike to the kayak so you may decide to bike first and finish with a run. You can also run and bike as many times as you like so you may decide to run, kayak, run, bike, run, as an example.

KEY:

**RUNNING**

**BIKING**

**KAYAKING**

