

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 of time on each discipline...

	<b>Trio Masters</b>	<b>Trio Novice</b>	<b>Duo</b>
<b>Trail Running</b>	2 hrs 15 mins	1 hr 45 mins	2 hrs
<b>Mountain Biking</b>	3 hrs 5 mins	2 hrs 30 mins	3 hrs
<b>Kayaking</b>	40 mins	45 mins	
<b>Total</b>	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.

