

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	1 hrs 30 mins	2 hrs 30 mins
Moutain Biking	2 hrs 30 mins	2 hrs 30 mins	2 hrs 30 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.

