



Questars

CHOOSE TO THRIVE

Dorset - 14 June 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.

KEY:

RUNNING

BIKING

KAYAKING

