

## 21st August - INDOOR TRIATHLON TTS



Timetable			Wave 1a	Wave 1b	Wave 2a	Wave 2b	Wave 3a	Wave 3b
Start Time	to	End Time	5 people	5 people	5 people	5 people	5 people	5 people
7:30am	to	7:35am	10 minute Swim	10 minute Swim				
7:35am	to	7:40am						
7:40am	to	7:45am	5 minute Transition to bike	5 minute Transition to run				
7:45am	to	7:50am	40 minute ride	20 minute run	10 minute Swim	10 minute Swim		
7:50am	to	7:55am						
7:55am	to	8:00am						
8:00am	to	8:05am		5 minute Transition to bike	5 minute Transition to run			
8:05am	to	8:10am		5 minute Transition to bike	40 minute ride	20 minute run	10 minute Swim	10 minute Swim
8:10am	to	8:15am						
8:15am	to	8:20am		40 minute ride			5 minute Transition to bike	5 minute Transition to run
8:20am	to	8:25am						
8:25am	to	8:30am	5 minute Transition to run					
8:30am	to	8:35am	20 minute run					
8:35am	to	8:40am						20 minute run
8:40am	to	8:45am					40 minute ride	
8:45am	to	8:50am			5 minute Transition to run			
8:50am	to	8:55am			20 minute run	40 minute ride		40 minute ride
8:55am	to	9:00am						
9:00am	to	9:05am					5 minute Transition to run	
9:05am	to	9:10am					20 minute run	
9:10am	to	9:15am						
9:15am	to	9:20am						
9:20am	to	9:25am						
9:25am	to	9:30am						