

# G EOPARK TRIATHLON S

**STANDARD**

SWIM - 2 LAPS = 1500M

BIKE - 44KM = 2 LAP

RUN - 12KM = 1 LAP

**SPRINT**

SWIM - 1 LAP = 750M

BIKE - 24KM = 1 LAP

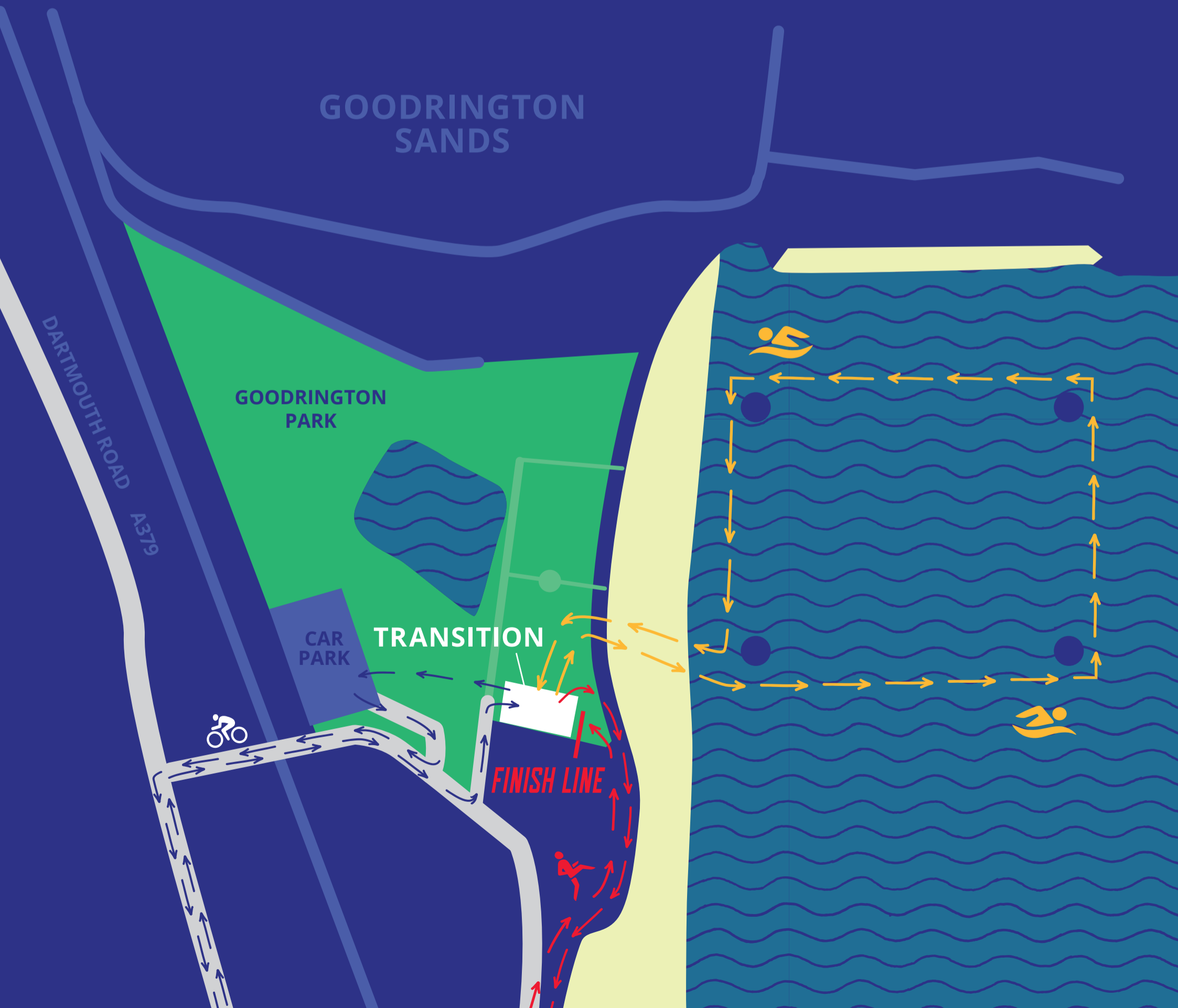
RUN - 6K = (OUT & BACK)

**GO TRI FOR BEGINNERS**

SWIM - 300M

BIKE - 6K (OUT & BACK)

RUN - 3K (OUT & BACK)



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