

**140.6 Race Timing Plan
(for the sherpas in your life!)**



Swim - 2.4 miles/3900 meters

Estimated time AMAZING!: _____

Estimated time good: _____

Swim in time: _____

Bike - 112 miles

Estimated time AMAZING!: _____ (expected at: _____)

Estimated time awesome: _____ (expected at: _____)

Estimated time good: _____ (expected at: _____)

Bike in time: _____

Run - 26.2 miles

Estimated time AMAZING!: _____ (expected at: _____)

Estimated time awesome: _____ (expected at: _____)

Estimated time good: _____ (expected at: _____)



70.3 Race Timing Plan (for the sherpas in your life!)

Swim - 1.2 miles/2000 meters

Estimated time AMAZING!: _____

Estimated time good: _____

Swim in time: _____

Bike - 56 miles

Estimated time AMAZING!: _____ (expected at: _____)

Estimated time awesome: _____ (expected at: _____)

Estimated time good: _____ (expected at: _____)

Bike in time: _____

Run - 13.1 miles

Estimated time AMAZING!: _____ (expected at: _____)

Estimated time awesome: _____ (expected at: _____)

Estimated time good: _____ (expected at: _____)

**Olympic/Int'l Race Timing Plan
(for the sherpas in your life!)**



Swim - 1500 meters

Estimated time AMAZING!: _____

Estimated time good: _____

Swim in time: _____

Bike - 22-25 miles

Estimated time AMAZING!: _____ (expected at: _____)

Estimated time awesome: _____ (expected at: _____)

Estimated time good: _____ (expected at: _____)

Bike in time: _____

Run - 10K (6.2 miles)

Estimated time AMAZING!: _____ (expected at: _____)

Estimated time awesome: _____ (expected at: _____)

Estimated time good: _____ (expected at: _____)

**Sprint/Short-Course Race Timing Plan
(for the sherpas in your life!)**



Swim - 400 or 900 meters

Estimated time AMAZING!: _____

Estimated time good: _____

Swim in time: _____

Bike - 12-15 miles

Estimated time AMAZING!: _____ (expected at: _____)

Estimated time awesome: _____ (expected at: _____)

Estimated time good: _____ (expected at: _____)

Bike in time: _____

Run - 5k (3.1 miles)

Estimated time AMAZING!: _____ (expected at: _____)

Estimated time awesome: _____ (expected at: _____)

Estimated time good: _____ (expected at: _____)