

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

Swim - 1.2 miles/2000 meters

Estimated time good: _____

Estimated time not-so good: _____

Swim in time: _____

Bike - 56 miles

Estimated time good: _____ (expected at: _____)

Estimated time realistic: _____ (expected at: _____)

Estimated time not-so-good: _____ (expected at: _____)

Bike in time: _____

Run - 13.1 miles

Estimated time good: _____ (expected at: _____)

Estimated time realistic: _____ (expected at: _____)

Estimated time not-so-good: _____ (expected at: _____)

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



Swim - 1500 meters

Estimated time good: _____

Estimated time not-so good: _____

Swim in time: _____

Bike - 22-25 miles

Estimated time good: _____ (expected at: _____)

Estimated time realistic: _____ (expected at: _____)

Estimated time not-so-good: _____ (expected at: _____)

Bike in time: _____

Run - 10K (6.2 miles)

Estimated time good: _____ (expected at: _____)

Estimated time realistic: _____ (expected at: _____)

Estimated time not-so-good: _____ (expected at: _____)

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



Swim - 400 or 900 meters

Estimated time good: _____

Estimated time not-so good: _____

Swim in time: _____

Bike - 12-15 miles

Estimated time good: _____ (expected at: _____)

Estimated time realistic: _____ (expected at: _____)

Estimated time not-so-good: _____ (expected at: _____)

Bike in time: _____

Run - 5k (3.1 miles)

Estimated time good: _____ (expected at: _____)

Estimated time realistic: _____ (expected at: _____)

Estimated time not-so-good: _____ (expected at: _____)