



What is Triathlon?

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Triathlon is three disciplines combined: SWIM, BIKE & RUN.

What are the main distances?

	SWIM	BIKE	RUN
Sprint Distance Triathlon:	750M Swim	20K Bike	5K Run
Olympic Distance Triathlon:	1.5K Swim	40K Bike	10K Run
70.3 or Half Iron Distance:	1.9K Swim	90K Bike	21.1K Run
Ironman or Full Distance:	3.8K Swim	180K Bike,	42.2K Run

[Join Team Sirius Tri Club and become a Sirius Athlete Today!](#)

For more information or to be a part of our incredible family please email us at:
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