

Novice 3-Day

Phase A - 2640 m @ 220 mpm

Opt. Time - 12 min

Time Limit - 24 min

1 min Between Phase A & B

Phase B - 1350 m @ 450 mpm

Opt. Time - 3 min

Time Limit - 5 min

Phase C - 2720 m @ 160 mpm

Opt. Time - 17 min

Time Limit - 34 min

Training 3-Day

Phase A - 2640 m @ 220 mpm

Opt. Time - 12 min

Time Limit - 24 min

1 min Between Phase A & B

Phase B - 1300 m @ 520 mpm

Opt. Time - 2 min 30 sec.

Time Limit - 5 min

Phase C - 2720 m @ 160 mpm

Opt. Time - 17 min

Time Limit - 34 min