Week 3 – Triathlon

A triathlon is a sport which consists of three consecutive races; a 1500m swim, a 40km bike race and finally a 10km run. The Townsville triathlon is the 19th-21st of August this year and Adam has been working hard in preparation. The time for a triathlon is either recorded as hours : minutes : seconds or minutes : seconds, depending on the race.

Note: If an athlete is swimming, riding or running at a fraction of the calorie burning speed, they are only burning a fraction of the calories. Example, if the calorie speed given is 40 km per hour and Adam’s bike riding speed is 20km per hour (half the calorie speed), then Adam burns half the calories at his speed.

**Easy**

Adam, a 70kg man, has been working on his bike race time. Today’s 40km bike ride took him 1:00:00 to complete. It is estimated that 70kg athletes burn 900 kcal per hour when cycling at the speed of 40km per hour.

How many calories did Adam approximately burn during his bike ride?

**Medium**

Adam, the same 70kg man, has also been working on his swimming time. Yesterday’s 1500m swim took him 20:00 to complete. A 70kg athlete burns approximately 600 kcal per hour when swimming at the speed of 9km per hour.

How many calories did Adam approximately burn during his swim?

**Hard**

The last part of the triathlon is the 10 km run. Adam’s latest time for the run is 54:00. Approximately 1100 kcal are burnt when a 70kg athlete runs at a speed of 22km per hour.

How many calories did Adam approximately burn during his run?

How long would it take Adam to complete the entire triathlon?

How many calories would Adam approximately burn during the triathlon?