**Sprint Triathlon Training**

**Algebra**

**Unit 3 Line Master 4**

|  |  |  |
| --- | --- | --- |
|  | Time (min), *t* | Energy (calories), *C* |
| Swimming | 0 | 0 |
| 10 | 180 |
| 20 | 360 |
| Cycling | 30 | 440 |
| 40 | 520 |
| 50 | 600 |
| 60 | 680 |
| 70 | 760 |
| 80 | 840 |
| Running | 90 | 940 |
| 100 | 1040 |
| 110 | 1140 |

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