

# Hemel Hempstead Triathlon

## TRIATHLON 400M SWIM

### Course synopsis

- 16 lengths of the Hemel Hempstead Leisure Centre Outdoor pool (8 lanes, 25m). You will swim down the first lane on the right hand side then back again keeping to the right. When you get to the end of the lane duck under the lane rope and start swimming up the next lane. Repeat until you get to the last lane of the pool where after completion you use the steps to get out of the pool
- No diving
- No tumble turns

