

Trial for the test

TEAM TOI

On Sunday, the first training session of TOI Sawy Swaraj Super Sprint Triathlon took place at 7 am at Decathlon, S P Ring Road, with a briefing about such vital factors as bike setup, overtaking, and rules of riding on the road.

The ride session began at 7:30 am for a ride of 8km and was followed by a run of 2.5km. There was a lot of enthusiasm among participants as most of them were attempting such an event for the first time. The training session was attended by participants from all age groups —

from 15 to 63 years. The session

was conducted by head

coach Kimberly Shah.



