

Try out Triathlon this weekend

Get yourselves along to Festival Square to try your fitness at triathlon

[Triathlon Live](#) will be at Festival Square during the triathlon events of the London 2012 Olympic Games from 4- 7 August 2012. Triathlon Live will feature 'Give it a Tri' event spaces, offering community triathlon events and broadcasts of the racing on the giant screens so you can show your support, and cheer on locally born Team GB athlete Helen Jenkins.



Participants will be able to challenge themselves in a cutting edge Endless Pool® and test their abilities against a simulated current that is suitable to swimmers of all abilities. Next they'll bike and run on our state of the art equipment and be in with a chance of winning some fantastic prizes.

Triathlon Live is a joint initiative run by the International Triathlon Union, British Triathlon and LOCOG.

For more information about Triathlon Live around the UK, please visit www.britishtriathlon.org/London-2012 or follow [@TriEngland](https://twitter.com/TriEngland) and join the conversation at #triathlon and www.facebook.com/triathlon.England